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A terrible explosion — of puppies!?

Shannon unleashes the hounds PAGE 17

Eat your heart out, Star of Bethlehem

Comet set to pass around Christmas time PAGES 10 & 11

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Winnipeg police breaking bread with newcomers

Community policing. Dinner aims to build trust between police and new Canadians

SHANE GIBSON
shane.gibson@metronews.ca

After being sworn in as Winnipeg's new police chief a little over a year ago, Devon Clunis made it clear he would take the force in a new direction — he wanted to prevent crime through social development.

On Wednesday night, the reality of what those words mean in action was plain to see in the smiles of both the members of the force and the newcomers who took part in the second annual New Canadian Dinner.

"We want you to see the opportunities that do exist in this wonderful country," Clunis said at the dinner put on by UMOJA, a group that builds bridges between police and newcomers.

Deputy Chief Dave Thorne helped set up UMOJA, which means "unity" in Swahili, after incidents between newcomers and officers began making headlines in 2009.

"I think it's just you need to be empathetic, you need to be compassionate, you just need to listen," Thorne told Metro, explaining he learned newcomers often mistrust police because of how police in their home countries behaved.

"One of the things they asked for — and it's so simple when you think about it — was an opportunity to just sit down and talk to the police."

Joseph Fofanah came to Winnipeg from Liberia 10 years ago and now works with young newcomers. He said the chance to mingle with high-ranking officers makes a big difference.

"Where many of these people come from, the perception of police is quite different.... They think police are very terrible people," he said.

"Here, it's completely different … and tonight they have the chance to chat with police officers and even chat with the chief of police."

Quoted

"Where many of these people come from, the perception of police is quite different.... They think police are very terrible people."

Joseph Fofanah, who came to Winnipeg from Liberia 10 years ago and now works with young newcomers.

Winnipeg Police Chief Devon Clunis speaks with Michael De Guzman, 15, who immigrated from the Philippines two years ago, at the second annual UMOJA New Canadians Dinner on Wednesday night.
SHANE GIBSON/METRO

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Tell me the story of Everest," she said, a fervent smile sweeping across her face, creasing the corners of her eyes. "Tell me about this mountain that's stealing you away from me."
George and Ruth sat on the drawing room floor, laughing and tipsy, dinner growing cold on the table in the next room. Ruth was cross-legged opposite him, her gray skirt pulled tight across her knees. She picked up the single sheet of thick ivory paper from her lap and reread the invitation from the newly formed Mount Everest Committee again. "My husband, the world-famous explorer." Ruth held up her glass of wine and he reached out with his own, the crystal ringing in the lamplit room. She was fairly bursting with happiness.
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GDC. Land development fee backed by city council

Winnipeg city council won't be taking a "no" from the Manitoba government regarding a controversial land development fee.

On Wednesday, council voted 10-5 in favour of asking the provincial government to amend The City of Winnipeg Charter to allow the growth development charge (GDC), as well as to consult local developers on how that fee could be structured.

Councillors debated the motion for nearly two hours, with at least one, St. James-Brooklands Coun. Scott Fielding, calling it a tax that he could not support.

Coun. Russ Wyatt, who authored the motion, said the money is desperately needed to provide more amenities and services in new communities, such as pools and fire halls, and reminded councillors that other major Canadian cities have similar fees in place.

When the GDC idea became public just over two weeks ago, provincial officials said they weren't willing to change the charter to give the city the power to create the fee.

Mayor Sam Katz, who moved a friendly amendment on the original motion calling for the consultation with the development industry, said the Province acted without having all of the information at hand, which the city will now work to collect.

"We don't have all of the information, so how could they?" said Katz after the meeting.

"It comes up here out of a seminar, the media ... goes to the Province, they ask them, they're blindsided, they don't really know what's going on ..."

BERNICE PONTANILLA/METRO

Zoo's new guest settles in

The Assiniboine Park Zoo released pictures of the 11-month-old polar bear brought to live at its International Polar Bear Conservation Centre Wednesday. The new bear is healthy and adapting, said zoo spokesman Dr. Brian Joseph. COURTESY ASSINIBOINE PARK ZOO

K-5. Riverbend welcomes French-immersion school

A new school will be built in north Winnipeg, providing 400 students with a chance to learn in French.

The new K-5 school will serve families in Riverbend and West St. Paul, said Premier Greg Selinger.

The school, which will measure in at 49,562 square feet, will also house a new child-care centre with room for 12 infants and 54 preschool children.

"This new school will help accommodate growing enrolment in north Winnipeg and is a welcome addition to our community," said Edward Ploszay, chair of the board of trustees, Seven Oaks School Division, in a release. "We're excited for the students, parents and all members of the community."

This is the second new school announcement in the area since May, when a K-8 school was announced for Amber Trails. METRO

Council votes against audit of downtown police HQ

Concerns remain.
'Who's going to be held accountable?': CTF

BERNICE PONTANILLA
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In a narrow vote, Winnipeg city council opted not to conduct an audit of the downtown police headquarters.

The motion, brought forward by Couns. Paula Havixbeck and Jenny Gerbasi, was defeated 7-9.

It called for an independent audit that includes interviews with all members of the public service and elected officials who made decisions related to the project. It also asked for the report to return to city council by May 1, 2014.

Colin Craig, Prairie director of the Canadian Taxpayers Federation, said it's disappointing to see a majority of councillors and the mayor vote the way they did.

"Some of the questions are: who was involved in this process all the way along, who made what decisions, who knew what, when, where, why," he said.

"Who's going to be held accountable? I mean we're talking about a huge, huge amount of cost overruns. Is the city really just shrugging its shoulders and saying, 'Well, we're not going to fire anyone, we're not going to cut anyone's pay, no one's going to be suspended.' Where's the accountability?"

Several councillors and Mayor Sam Katz argued that more details on the cost overruns will be made public during a special meeting of the downtown development committee on Friday, where a request will be made to increase the project's price tag by $17.2 million.

Coun. Justin Swandel (St. Norbert) went even further, asking councillors if they'd even read the report for Friday's meeting, which is already online, adding that perhaps an audit on the IQs of city council members would be better.

Seven councillors, Mayor Sam Katz, and newly-elected speaker Coun. Devi Sharma (not visible) voted against an audit of the Winnipeg police headquarters project. BERNICE PONTANILLA/METRO

After the meeting, Havixbeck said she did read the report but feels serious questions remain unanswered.

"I've been told by the administration to bring it to the floor of council," she said, adding during the meeting that she's been "stonewalled" and "shut down."

The Duffy scandal: Now RCMP say PM's ex-aide broke the law

That $90,000 cheque. 'My actions were lawful,' Nigel Wright says as Mounties issue explosive new findings

Prime Minister Stephen Harper's former chief of staff is facing fresh allegations he broke the law by cutting a $90,000 cheque to Sen. Mike Duffy.

But Nigel Wright is fighting back with a statement that insists he was only acting in the best interests of taxpayers and he did nothing wrong.

A new document from RCMP Cpl. Greg Horton says Nigel Wright "did, without the consent in writing of the head of the branch of government, pay a reward or confer an advantage or benefit on Mike Duffy."

Horton also says Wright and Duffy "did commit breach of trust in connection with the duties of their offices," contrary to a section of the Criminal Code.

The documents also indicate Wright told the Mounties that Harper was unaware of his decision to personally pay back Duffy's ineligible expense claims.

In a statement issued by his lawyer, Peter Mantas, Wright denies all wrongdoing. "My intention was always to secure repayment of funds owed to taxpayers," the statement reads.

"I acted within the scope of my duties and remain confident that my actions were lawful. I have no further comment at this time."

THE CANADIAN PRESS

Nigel Wright allegedly wrote: "We are good to go from the PM." SEAN KILPATRICK/THE CANADIAN PRESS

New RCMP filings

Who to believe?

Nigel Wright went to Prime Minister Stephen Harper for approval of a secret plan that would have seen the Conservative party repay Mike Duffy's expenses, new RCMP documents suggest.

But when the party balked at Duffy's $90,000 bill, Wright stepped in to pay the bill himself — apparently without Harper's knowledge.

Harper has called that a "deception."

But new RCMP court filings quote Wright as getting a green light from Harper. THE CANADIAN PRESS

New blow to Rob Ford? A class-action lawsuit

Ford has tarnished the city's brand, lawyer says. CHRIS YOUNG/THE CANADIAN PRESS

A new website has been launched to recruit claimants for a class-action lawsuit against disgraced Toronto Mayor Rob Ford.

The site claims he was negligent and acted in bad faith in his role as mayor.

"I'm sick and tired of it. Enough is enough. I can't handle it any more. I can't sit on the couch and do nothing," said Toronto lawyer Jose Rodrigues, who launched stoprob.org.

"I'm trying to gather forces and move it ahead."

To proceed to court, the claim would need to have a lead plaintiff and then be approved by a judge.

In a draft statement of claim posted on the website, Rodrigues, a fresh graduate from the University of Ottawa law school, is seeking $5.2 million in total damages — approximately a dollar for each Toronto resident in general plus a dollar each in punitive damages.

The plaintiffs will include residents of Toronto "whose reputation has been negatively impacted by the defendant's admission to smoking crack cocaine coupled with his refusal to resign."

Within 30 minutes of the launch of the website, Rodrigues said "dozens" of people signed up as potential plaintiffs to represent other Torontonians in the planned action.

Rodrigues hopes to file it next week.

TORSTAR NEWS SERVICE

High-value brand

Rodrigues, 28, articled in the federal justice department and specializes in civil litigation.

- **Value.** He says the Toronto "brand" is an essential asset of the city, worth millions of dollars. Ford's "drunken stupors" tarnish the value of the brand, he says.

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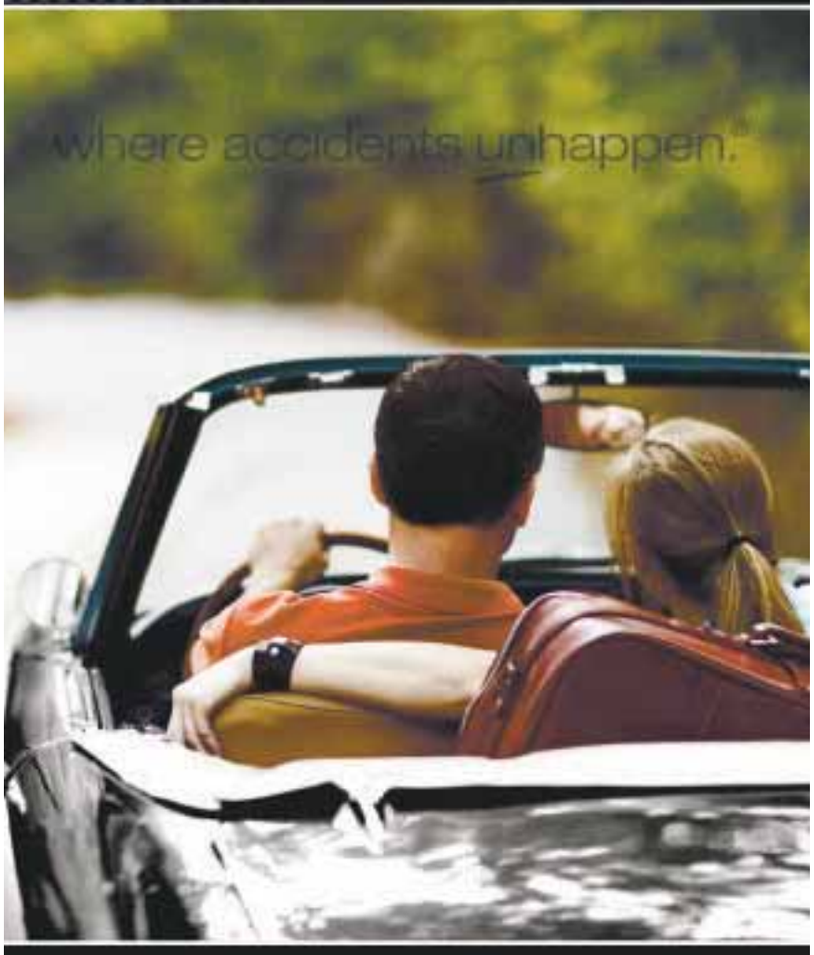


CARSTAR Collision & Glass Service

Kevin Chenais sits in his mobility scooter in front of an ambulance at St Pancras in London, Wednesday. Chenais, who has a medical condition, will travel by ambulance and ferry back to France. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Man deemed too fat to fly or take train

Going home. A ferry company has accepted the 230-kg Frenchman for a trip across the English Channel

Outraged mom

"It's not the fault of my son to be big. He has a genetic illness."

Christina Chenais, saying her son was discriminated against because of his weight.

He has been turned down by planes, trains and even a cruise ship in his quest to return home — and his family says it's because he has been deemed too fat to travel. Now Frenchman Kevin Chenais' long and fitful journey is coming to an end.

Chenais, who weighs 230 kilograms, says he has been repeatedly refused transport over the past two weeks as he sought to get home to France. But now P&O Ferries has offered to take the 22-year-old in his ambulance on Wednesday.

The odyssey began when British Airways refused to honour his return ticket from the United States, where he had been receiving medical care for a hormone imbalance. Chenais said Carnival Cruises also rejected his request for a cabin on a trans-Atlantic voyage.

Virgin Atlantic airlines stepped in to fly him to London, where he had planned to take the Eurostar train home. But Eurostar refused to allow him on board because safety rules governing travel through the Channel Tunnel require all passengers to have the ability to be safely evacuated.

Eurostar paid for the family's hotel room and worked with P&O to find a solution. THE ASSOCIATED PRESS

India

$1.15M in gold bars found on plane

Cleaners found a stash of 24 gold bars worth more than $1.15 million hidden in a Jet Airways airplane toilet after a flight from Bangkok landed in Kolkata, eastern India, officials said Wednesday.

A customs official said the gold bars, weighing around one kilogram each, were in two bags.

India is one of the world's biggest consumers of gold. The government increased the gold import duty recently, which officials say has encouraged smuggling.

THE ASSOCIATED PRESS

Senior care going to pot?
550 marijuana plants found in N.B. special care home

There needs to be an independent review of inspection policies following the discovery of a marijuana growing operation in the basement of a special care home for seniors in New Brunswick, the province's Opposition Liberals said Wednesday.

The party's social development critic said he finds it difficult to understand how marijuana could be grown undetected in a facility that is subject to inspections and entrusted to care for the elderly.

The RCMP say they seized 550 marijuana plants and marijuana growing equipment Friday after a fire erupted at the Forever Young Special Care Home in Clarks Corner. The six residents of the home safely escaped.

Investigators said they believed the fire was related to the marijuana growing operation.

Jan Seely, president of the New Brunswick Special Care Home Association, said the residents of the home are being relocated and it has closed.

There are more than 400 special care homes for seniors in the province.

THE CANADIAN PRESS

Seal pups released with high-tech transmitters

A rehabilitated harbour seal pup equipped with a satellite tag on its head prior to being released back into the wild. JONATHAN HAYWARD/THE CANADIAN PRESS

Vancouver. Satellite tracking devices show rescued seals' progress once released

The Vancouver Aquarium has released seven rescued seal pups back into the ocean, with plans to track them in the wild.

Five of the pups have been equipped with satellite transmitters that will provide the aquarium's Marine Mammal Rescue Centre with information about where the seals go and how they do after returning to the wild.

Veterinarian Martin Haulena says that information helps the team determine the ideal conditions for release and whether any changes need to be made to the rehabilitation program.

The satellite-linked tags, glued to the hair coat on their heads, cost about $1,500 each and about $200 a month to monitor. They have a battery life of about a year, but may fall off well before then.

"They might only last a few weeks, but we have had them last about 280 days before," Haulena said.

Last year, the aquarium tracked five other rehabilitated seal pups and found that the animals dispersed widely from the area they were released from.

Earlier this year, the aquarium released a rehabilitated adult porpoise with a satellite tag that fed information back to the team for 70 days.

THE CANADIAN PRESS

Under the sea

"I want to see how these animals do, and how they do kind of dictates what we do next year."

Martin Haulena, Vancouver Aquarium veterinarian

Big Tobacco. Philip Morris to enter growing e-cigarette market

Philip Morris International Inc. said Wednesday it plans to enter the growing electronic cigarette business late next year and accelerate the launch of its reduced-risk products.

The company is joining many tobacco companies venturing into smokeless tobacco and other nicotine products to diversify beyond the declining traditional cigarette business as tax increases, health concerns, smoking bans and stigma cut into demand.

Big business

Electronic cigarettes are battery-powered devices that heat a liquid nicotine solution, creating vapour that users inhale.

- There are now several million users worldwide.

The company is the world's second-biggest cigarette seller.

THE ASSOCIATED PRESS

European Union

Plan to sell Maltese citizenship on hold

Malta has indefinitely postponed implementing a law to sell its citizenship — and entrance into the European Union — for 650,000 euros ($910,000) following a massive outcry on the Mediterranean island.

The law would have allowed foreigners to buy a Maltese passport without any residency or investment requirements, thus gaining coveted entrance and residency in any of the other 27 EU member states. The government had predicted the proposal would bring in $42 million annually and help ease the country's deficit.

THE ASSOCIATED PRESS

Blame game ensues at Warsaw climate talks

An old rift between rich and poor has reopened in UN climate talks as developing countries look for ways to make developed countries accept responsibility for global warming — and pay for it.

With two days left, there was commotion in the Warsaw talks Wednesday after the conference president — Poland's environment minister — was fired in a government reshuffle and developing country negotiators said they walked out of a late-night meeting on compensation for climate impacts.

"We do not see a clear commitment of developed parties to reach an agreement," said Rene Orellana, head of Bolivia's delegation.

U.S. climate envoy Todd Stern downplayed the dispute and said American negotiators who had attended the meeting were surprised to hear of a walkout.

"The meeting ended with everyone leaving," Stern told reporters in Warsaw.

Differing views on what's been said and done in closed discussions is not unusual in the slow-moving UN effort to curb global warming, which has often been held back by mistrust between rich and poor countries.

In Warsaw, UN Secretary General Ban Ki-moon and Executive Secretary of the UN Framework Convention on Climate Change Christiana Figueres speak at a meeting with the Ghana Bamboo Bike initiative. ALIK KEPLICZ/ THE ASSOCIATED PRESS

The question of who is to blame for global warming is central to developing countries who say they should receive financial support from rich nations to green their economies and cover costs of unavoidable damage caused by warming temperatures.

Also, they say the fact that rich nations, historically speaking, have released the biggest amounts of CO2 and other heat-trapping gases, means they need to take the lead in reducing current emissions.

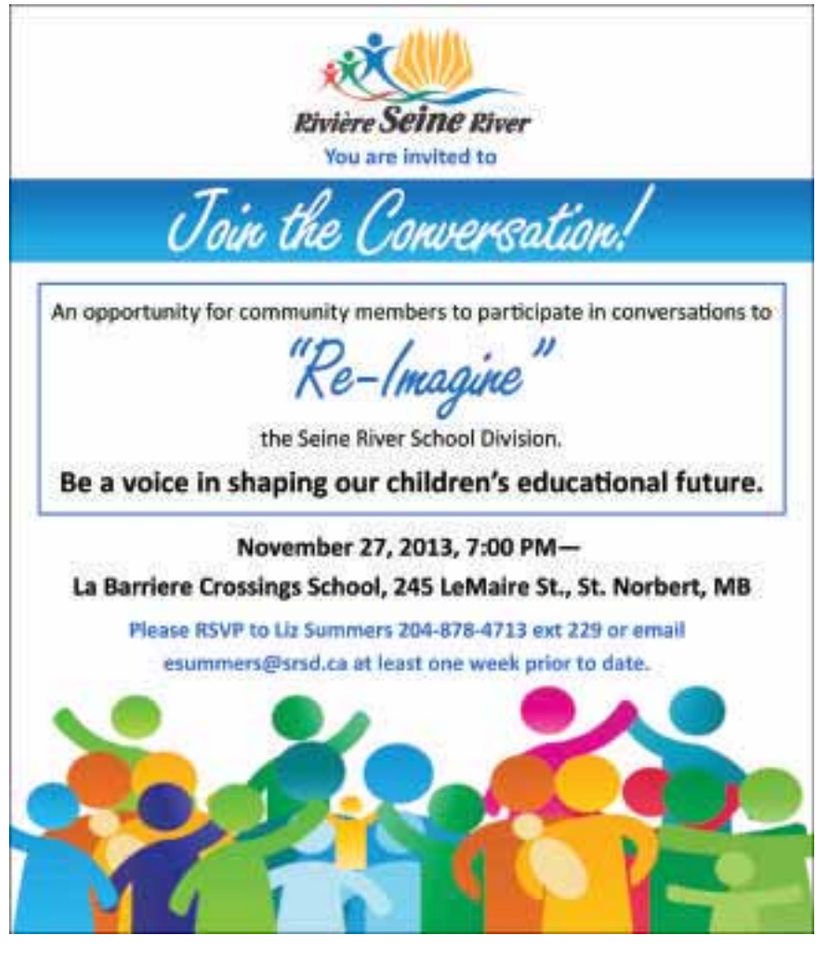
In Warsaw, Brazil even proposed developing a formula to calculate historical blame, to guide talks on a new global climate deal in 2015.

"They must know how much they are actually responsible … for the essential problem of climate change," Brazilian negotiator Raphael Azeredo said.

Developed nations blocked that proposal, saying you must also look at current and future emissions when dividing the responsibility.

China overtook the U.S. to become the world's biggest carbon polluter last decade, and developing countries as a whole now have higher emissions than the developed world.

THE ASSOCIATED PRESS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New bill to prevent the sending of 'intimate images' without consent

Cyberbullying casualties. Canadians have been touched by suicides of Todd Loik in Saskatchewan and Rehtaeh Parsons in Nova Scotia

The Conservative government has introduced a wide-ranging bill designed to make it illegal to distribute "intimate images" without consent and easier to get such images scrubbed off the Internet.

The proposed law includes tentacles that touch on everything from terrorism and organized crime to stealing cable TV — measures Justice Minister Peter MacKay said are necessary due to the digital nature of the crimes.

"This is the type of crime that really knows no borders," MacKay said Wednesday as he and Public Safety Minister Steven Blaney announced the legislation.

"Once (an image is) on the Internet, once it's been uploaded, it has the ability to go viral. We need to also empower the police to have the tools to track and preserve and present information (to the courts)."

If passed, the legislation would also give courts the power to seize computers, cellphones and other devices used in the offence, and to help victims recoup part of the cost of removing the images from the Internet.

It would also compel the spouse of an accused person to testify against the accused in court.

Several hundred people attend a community vigil to remember Rehtaeh Parsons at Halifax's Victoria Park in April. Parsons ended her own life following months of bullying after she was allegedly sexually assaulted by four boys and a photo of the incident was distributed. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

The legislation defines an "intimate image" as one that "depicts a person engaged in explicit sexual activity or that depicts a sexual organ, anal region or breast."

The government bills the legislation as part of its commitment to help put an end to the kind of online exploitation and harassment that has led a number of Canadian youth to take their own lives in recent years.

THE CANADIAN PRESS

Rationale

The bill is here to help: MacKay

Justice Minister Peter MacKay said it's clear that cyberbullying and online harassment can destroy lives, and that the government has an obligation to make the penalties and consequences more serious for perpetrators. The bill closes a "gap" in the Criminal Code and modernizes the law to take into account the prolific distribution of images and words over the Internet, and the resulting impact on young people, he said.

Youth say online slurs common, but not OK: Poll

A poll released Wednesday shows that young people are coming around to the idea that it's wrong to contribute to online slurs. ISTOCK

Most young people say they aren't very offended about the slurs and mean-spirited videos mocking overweight people or gays or blacks that they encounter on social networking sites like Facebook and Twitter.

"You can't let those things get to you," says 15-year-old Vito Calli, an immigrant from Argentina whose online friends tease him with jokes about Hispanics.

In a notable shift, however, young people are coming around to the idea that it's wrong to contribute to this ugly side of the Internet free-for-all, a poll released Wednesday shows.

A bare majority, 52 per cent, of people ages 14 to 24 now say it's never OK to engage in discriminatory language, even when it's just among friends who don't really mean it. That's up from 44 per cent in 2011.

A stronger majority — nearly six in 10 — say using slurs is wrong, even if you say you're "just kidding." Only about half were so disapproving two years ago. Meanwhile, the share of young people who come across slurs online has held steady, according to the new poll from The Associated Press-NORC Center for Public Affairs Research and MTV.

More than half of young users of YouTube, Facebook and gaming communities say they sometimes or often encounter biased messages. Teens and twentysomethings say these slurs and taunting images they see online are mostly meant as jokes.

"Sometimes I make a couple of jokes that might be offensive to someone and I don't even realize it," said Calli of Reading, Pa. "You forget there's a person behind the computer with actual feelings."

Because a friend chastised him, the high school sophomore has tried to stop labeling anything uncool either "gay" or "retarded." He's finding that a difficult habit to break.

THE ASSOCIATED PRESS

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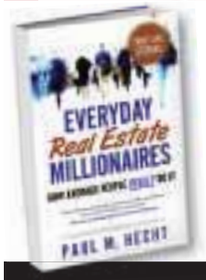

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"Canada's Housing Crash Begins"— CANADIAN BUSINESS

INSIDE THE LOOMING CANADIAN REAL ESTATE CRASH, CANADIANS ARE BUYING SAFELY IN THE U.S.!

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FACT #3: 31% of the foreign purchases in Florida are by Canadians
FACT #4: Interest Rates are at 40 year lows
FACT #5: The American Economy is Rebounding
FACT #6: FINANCING IS AVAILABLE FOR CANADIANS

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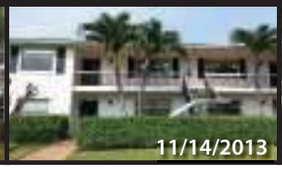

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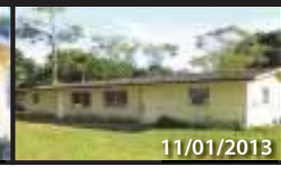

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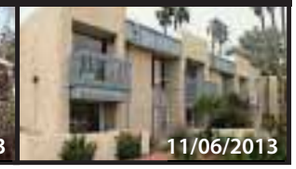

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COSMIC GIFT: THE SNOW

A galactic visitor, travelling hundreds of thousands of kilometres an hour, will soon catapult around the sun and — if it lives up to all the hype and survives the journey — may give us the show of a lifetime; an early Christmas gift from the cosmos. Discovered just over a year ago, ISON has the potential to be the 'comet of the century,' lighting up the night, perhaps even visible during the day, as it streaks across the sky on its way out of our solar system.

DEAN LISK
Metro in Toronto

When it comes to outer space, and how things get from Point A to Point B in the universe, comets — with their elongated orbits — open up a world of wonder.

"Some ideas tend to return, like the comets themselves," says Dr. Sara Schechner, author of Comets, Popular Culture, and the Birth of Modern Cosmology, and curator of the Collection of Historical Scientific Instruments at Harvard University.

"We went from a period where everyone was afraid of them, to a period where they were viewed as too small to hurt us, and now we are back to, 'We better be watching out for them.'"

Schechner says some in the scientific community have suggested comets may have been responsible for both life and death, speculating they brought the building blocks of life — water and organic chemicals — to Earth and were also responsible, through collisions, for climate change and extinctions.

"When I am reading this in some of the scientific literature it resonates with some of the older beliefs," says Schechner, who adds that for thousands of years, anything not planned — like the sudden appearance of a comet — was greeted as an omen.

"People thought of comets as having a divine purpose," says Schechner. "Some thought they were divinely created and appeared in the sky when God wanted to send people a message about what they should be doing, or as a warning, or to announce a big event. And it could be a good event, but mostly they were terrible things, like a plague, the death of your king, war, revolution."

Others thought comets were the result of elements excreted from the earth that caught fire in the sky and caused terrible things to happen, such as a bad harvest or disease. "If you breathed in anything from them, you could come down with the plague. They caused revolution because they were hot and dry and kindled anger in people.

"People at the time didn't think of them as some kind of dirty snowball hurling around."

So what is a comet? Basically, they are big, dirty snowballs. That is what scientific enlightenment, starting with Isaac Newton, Edmund Halley and others, has taught us. Its birth takes place in the Oort cloud, a hypothesized area roughly a light-year from our sun, says Robyn Foret, an amateur astronomer with the Royal Astronomical Society of Canada.

The cloud may seem far away, but it is close enough on a galactic scale that gravitational forces from our sun — and even other stars — have an impact, forcing dust, water and gases to clump together to form a nucleus, Foret says. Eventually, gravity may also send it falling toward our sun — like Comet ISON, which is about to journey behind our biggest star.

"So, if you can imagine this clump of water, ice and different gases and dust falling towards the sun, as it gets closer to it, it starts to warm up a bit," he says, adding the lighter gases will escape from the nucleus, and form a coma — a fizzy glow — around the object. As the comet travels closer to the sun, it heats up even more. The ice begins to evaporate and a tail will start to form as more gases and dust escape.

Schechner says it was Newton and Halley who really showed comets were part of our solar system and not supernatural at all. Still, they didn't leave all the old superstitions behind.

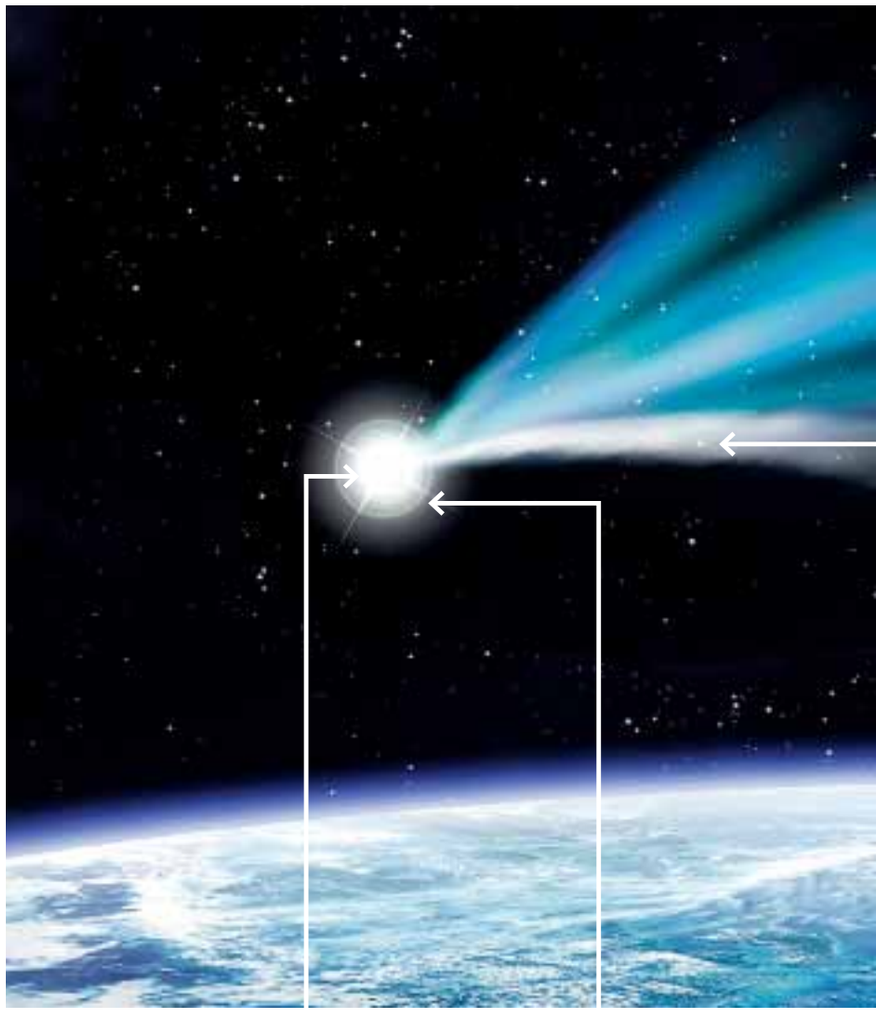
"They were too good to get rid of," she says. "Newton says, 'Well, when a comet passes, its tail replenishes this vital spirit necessary for respiration and life on Earth. And, comets are dropping off supplies of water, without which the Earth would just dry up."

Schechner says Newton and Halley also speculated comets could cause the end of the world in various ways and were responsible for earlier upheavals — something modern scientists also examine.

"They aren't thinking of it in terms of omens, they are thinking of it in terms of physics," she says. "But they don't think it's some preordained plan."

Name that comet

ISON is named after the Russian-based organization that discovered it: The International Scientific Optical Network.



Not sure what you are looking at? Robyn Foret, an amateur astronomer and chair of the education and public outreach committee of the Royal Astronomical Society of Canada, breaks down the anatomy of a comet.

Nucleus

The dirty snowball, the nucleus is made up of dust, ice and gases. "The nucleus can be anywhere from three to 30 kilometres. Someone coined the phrase that it's a 'city-sized object,' and I like that, because cities come in different sizes. You can relate to the size of a city," says Foret.

Coma

The coma, formed by the loss of gas and dust, appears around the nucleus as it nears the sun. It can be tens of thousands of kilometres in size. "In the early days, ISON was losing 60,000 pounds of dust every minute," says Foret.

Timeline

Comet culture

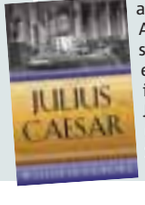
The history of comets makes for some interesting reading, with beauty, tragedy and intrigue. Here are some highlights from popular culture, including some of author Sara Schechner's celestial favourites.

28 million years B.C.

Diamonds. Scientists recently announced they believe they discovered evidence a comet crashed into the Sahara Desert in an area bordered by Egypt and Libya roughly 28 million years ago. The proof, they reported, was a black pebble that contained small diamonds created by the impact.

43 B.C.

Caesar. A comet was seen after the killing of Julius Caesar. "His adopted son, Augustus, who succeeded him, exploited it, saying it was a sign of Julius's soul taken up into heaven," Schechner says.



1066

Omen. The Bayeux Tapestry, which commemorates the Norman conquest of England, includes a depiction of Halley's Comet. People are seen warning King Harold the comet is a bad omen. Below the comet is a depiction of a fleet setting sail to invade England.

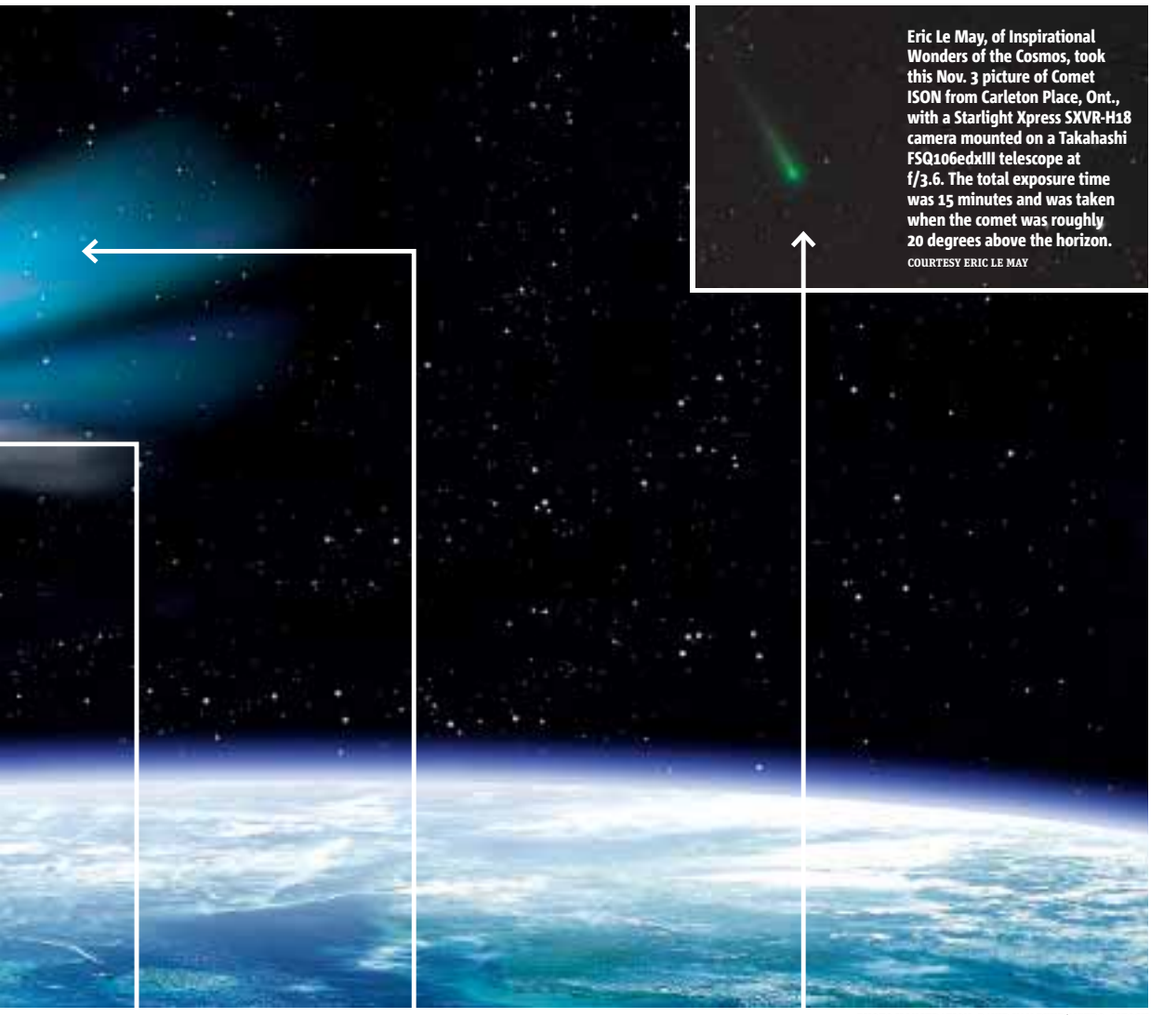
1577

Brahe. A bright comet, seen across Europe, was observed by a number of enlightened minds, including Danish astronomer Tycho Brahe. His observations showed theories about the order of planets, moons and objects in our solar system were wrong and had to be rethought.

1680

Sungrazer. Called a Great Comet (there have been a few) and seen in daylight, this comet was seen by Isaac Newton and Edmund Halley and helped them to prove comets were part of the solar system. Like ISON, it was also a sungrazer and had a very long tail.

BALL COMETH



Eric Le May, of Inspirational Wonders of the Cosmos, took this Nov. 3 picture of Comet ISON from Carleton Place, Ont., with a Starlight Xpress SXVR-H18 camera mounted on a Takahashi FSQ106edxIII telescope at f/3.6. The total exposure time was 15 minutes and was taken when the comet was roughly 20 degrees above the horizon.
COURTESY ERIC LE MAY

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; ISTOCK

Ion tail

Formed of lighter gases, dust and evaporating ice, the ion tail is pushed away from the nucleus by the sun's solar winds. "Regardless of the path of the comet, that gas tail will always be directly opposite the sun," says Foret, who adds the tail can be millions of kilometres long.

Dust tail

Heavier dust particles left behind by the comet will create the dust tail, which will follow the orbit of the comet. "It is like you are driving down a dirt road and there is a cloud of dust that settles behind you," says Foret. If the Earth's orbit passes through this tail, the result is a meteor shower.

Feeling the heat

ISON will pass closest to the sun on Thursday, Nov. 28.

ISON is set to pass about 1.8 million km away.

- **This is called the perihelion.** Foret says the sun is about 1.4 million kilometres in diameter and

- **One time only.** While some comets return after a short number of years, others, like ISON, will be flung out of our solar system.

ISON

The 'comet of the century'

ISON has caused a lot of interest in the astronomical community since it was discovered in September of last year. When it was first discovered some 700 million kilometres away, it appeared brighter than most comets do at that distance from the sun. This had astronomers theorizing it may become one of the brightest objects in the sky when it passes, and might even be visible in daylight.

"It might be the greatest object I will have seen in my lifetime up to now," says Gary Boyle, an amateur astronomer based near Ottawa. "The hype really has been strong in the astronomical community and is based on the idea of a naked-eye comet seen during the day that could be brighter than the full moon. But, with more observation, it may not be that bright — as in being able to be seen during the day — but it will be a fantastic comet."

How to see it

1 Telescope: You will be able to see the head of the comet, the nucleus — the brighter part in the middle — and only a portion of the tail.

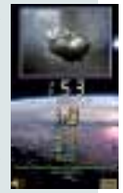
2 Binoculars: You will see less detail than with a telescope, but because it will magnify the comet less, you will get a wider view, and see more of the tail.

3 Naked eye: As the comet gets closer, and depending on its brightness, you will be able to see it without any help. Unlike a solar eclipse, this is one celestial show you can watch.

WARNING: Do not look at ISON with binoculars or a telescope when it is in close proximity to the Sun, as an accidental glimpse of the sun through either will cause permanent eye damage.

Where to see it

- **Look east in the morning and ISON can be seen very briefly low in the sky.** It will soon pass below the horizon and out of view as it makes its journey behind the sun.
- **If it survives its trip around the sun, ISON will reappear in the eastern sky starting around the early morning of Dec. 9 or 10.** As the month progresses it will be visible in the western sky at night. It will come closest to Earth — roughly 85 million kilometres away — around Dec. 26.



- **Need some help?** Longpaw has created Comet ISON 2013, an iTunes and iPad app featuring a countdown clock, videos, data and charts. Distant Suns has created Comet Watch, where you can use your Apple device to help locate the comet in the sky. ISON C/2012 S1 Finder is an Android app that will also point out the comet in the sky.

1682

Halley's Comet. This was the year that Halley identified the short-period comet that bears his name, and also worked out that the comet would be visible from Earth every 75 to 76 years. The comet last passed in 1986 and is expected to return in 2061.

1744

Multi-tail-ented. A comet with six — yes, count them, six — tails was seen in the sky. "I would have loved to have seen that," says Schechner. The comet was observed in Europe and also in New England.

1843

Millerites. "The Millerites, a religious sect in New England, believed the end of the world was going to be predicted by a meteor storm and that a big comet would come.... And, wouldn't you know it, a big comet did come," says Schechner. "They prepared for the second coming, but obviously that didn't happen."

Mid 1980s

Films. Halley's Comet's visit in 1986 was heralded with two disaster-predicting films. Lifeforce (1985) featured a vampire-carrying space ship in the comet's coma, while Night of the Comet (1984) found the world's population wiped out by a comet; with the exception of, like, two Valley Girls.

1994

Drops on Jupiter. In a spectacular scene, Comet Shoemaker-Levy 9 broke apart and crashed into Jupiter. This was the first time a comet collision was observed by scientists as it happened, and offered an unprecedented opportunity to collect data.

1997

Hale-Bopp. "Probably the most beautiful (comet) I have seen in my life is Hale-Bopp," says Schechner. "It was very beautiful, very nice." The comet also gained notoriety because members of the Heaven's Gate cult committed suicide as it passed, believing they would reach a UFO travelling in the comet's tail.

Daily special: Half-off for diners who turn off phones

Worth the risk?

Restaurant owner admits he's taking a financial hit but believes the move will pay off by attracting new customers

A restaurant owner in an Arab village outside of Jerusalem says he is on a mission to save culinary culture by making diners a simple offer: Turn off your cellphone and get a 50 per cent discount.

Jawdat Ibrahim says smartphones have destroyed the modern dining experience. He hopes the generous discount will bring back a more innocent time when going to a restaurant was about companionship, conversation and appreciating the food, rather than surfing, texting or talking to the office.

"I'm changing something. It might be something small, but maybe in some small way I'll be changing the culture of eating," said Ibrahim, 49.

Ibrahim is the owner of Abu Ghosh, a well-known restaurant named after its hometown, located about 10 kilometres outside of Jerusalem. The town is known as a symbol of coexistence, and its restaurants, serving up platters of creamy hummus and grilled meat, are popular with Arab and Jewish visitors alike.

Ibrahim, who opened the restaurant in 1993 with winnings from an Illinois lottery, said mealtime conversations have long been a staple in this cellphone-obsessed country. But the situation has worsened in recent years as smartphones have become more sophisticated. He said he became dismayed as he saw groups of friends or married couples sitting in silence, staring at their screens and ultimately asking him to reheat their food.

"Technology is very good. But just when you eat, just especially when you are with your family and your friends, you can just wait for half an hour and enjoy the food and enjoy the company," he said. "A lot of people, they sit down and they don't enjoy their food, their company."

THE ASSOCIATED PRESS

Diners sit in a restaurant in the village of Abu Ghosh, on the outskirts of Jerusalem, on Wednesday. A restaurant owner in the Arab village says he is on a mission to save culinary culture by making diners a simple offer: turn off your cellphone and get a 50 per cent discount. SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

Found in California

Man reunited with motorcycle stolen 46 years ago

A U.S. man has been reunited with his now-vintage motorcycle nearly 50 years after it was stolen.

Donald DeVault received the 1953 Triumph Tiger 100 on Wednesday. The 73-year-old learned two weeks ago that California authorities had recovered his motorcycle at the Port of Los Angeles. The bike was about to be shipped to Japan when customs agents who checked the vehicle identification number discovered it had been reported stolen in February 1967. The bike was valued at $300 in 1967. Today, it's worth about $9,000.

THE ASSOCIATED PRESS

Biblical faux pas

Costco apologizes for listing Bibles as fiction in Calif. shop

A Costco store in Southern California drew some unwanted attention this week after labelling some of its Bibles as fiction.

The Los Angeles Times reports Wednesday that Discovery Church pastor Caleb Kaltenbach recently came across the Bibles with "Fiction" written on the price tag while shopping for a gift at a Costco store in Simi Valley. He took a photo and posted it on social media with the comment: "Costco has Bibles for sale under the genre of FICTION Hmmmm..." Costco has since apologized.

THE ASSOCIATED PRESS

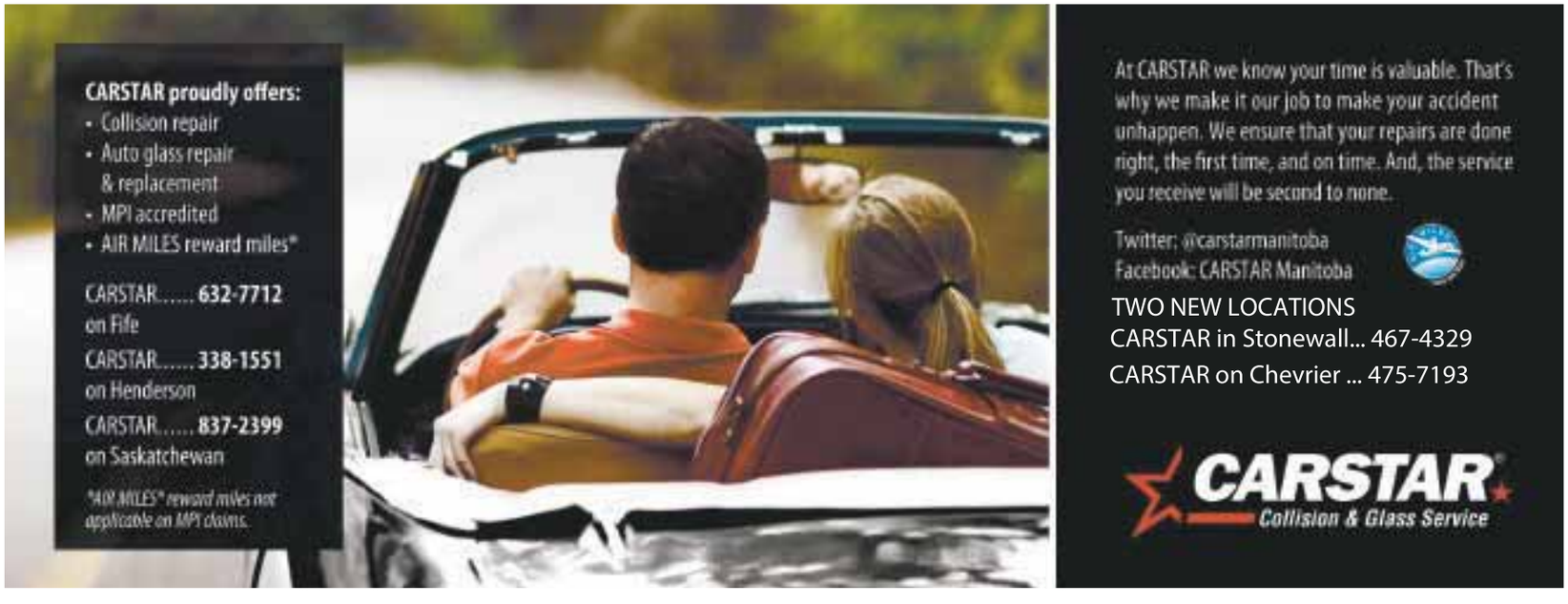
Whoopsy daisy

U.S. town forgets to hold elections for a second time

A tiny mountain town had to skip an election earlier this month because part-time officials forgot to advertise or prepare for it — and it wasn't their first election flub.

Wallsburg, population 275 in the Wasatch Mountains of Utah, failed to schedule an election two years ago, and city officials had to be appointed then.

They were supposed to go up for election Nov. 5, but once again, Wallsburg forgot to get things going, according to Wasatch County officials. The Salt Lake Tribune first reported on the missed election. THE ASSOCIATED PRESS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Murdoch and wife say divorce is 'amicable'

News Corp. Split won't affect control of the billionaire media mogul's companies

Media baron Rupert Murdoch and his soon-to-be-ex-wife said they were parting with "mutual respect" Wednesday after telling a judge they had reached a divorce deal.

The chairman of News Corp. and 21st Century Fox and his wife of 14 years, Wendi Deng Murdoch, shook hands and briefly hugged after a brief proceeding in a Manhattan court. The terms of the agreement weren't disclosed in court.

"We are pleased to announce that we have reached an amicable settlement of all matters relating to our divorce," the two said in a statement released through a publicist.

Rupert Murdoch THE ASSOCIATED PRESS

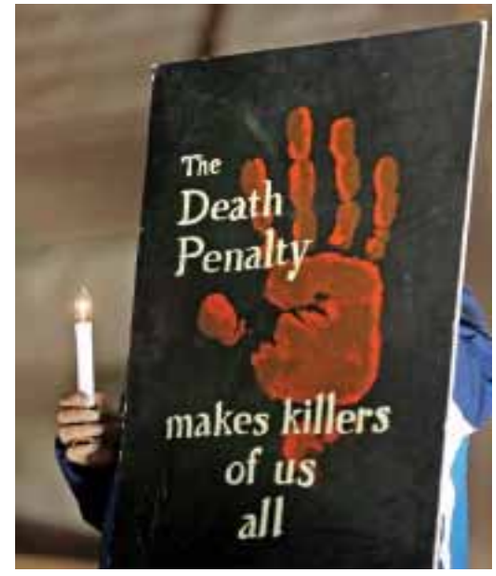
The divorce will end a third marriage for Rupert Murdoch, 82. Forbes pegged his and his family's wealth at $13.4 billion in September.

Murdoch's News Corp. split this year into two companies: The journalism and publishing portion, still called News Corp., and the more profitable film and TV unit, 21st Century Fox. Both are publicly traded and based in New York.

Wendi Deng Murdoch THE ASSOCIATED PRESS

The divorce won't affect control of the companies or the succession plan for them. Rupert Murdoch controls them through a family trust that benefits his four children from previous marriages.

He and Wendi Deng Murdoch, 44, have two school-age daughters, Grace and Chloe. They are beneficiaries of 8.7 million non-voting shares being held in a separate trust. Wendi Deng Murdoch is not a shareholder, according to a person familiar with the situation. THE ASSOCIATED PRESS



Serial killer executed

On Tuesday, a small group protested in St. Louis against the death penalty and the execution of Joseph Paul Franklin. Franklin, a white supremacist who targeted blacks and Jews in a killing spree from 1977 to 1980, was put to death Wednesday in Missouri. JEFF ROBERSON/THE ASSOCIATED PRESS

Albuquerque

Vote defeats late-term abortion ban

Voters in New Mexico's largest city soundly defeated a ban on late-term abortions in a municipal election that was being closely watched as a possible new front in the national abortion fight in the U.S.

Voters rejected the measure 55 per cent to 45 per cent on Tuesday following an emotional and graphic campaign. The campaign included protests that compared abortion to the Holocaust and displayed pictures of aborted fetuses.

Activists on both sides of the issue said it was the first municipal ballot measure on the matter, which is usually debated at the state and federal level. Abortion opponents hoped a victory in Albuquerque would create momentum nationally in their long-running fight to ban abortion.

A coalition of abortion rights groups called the results a huge victory for Albuquerque women and families. THE ASSOCIATED PRESS

Nepal. Election 'mostly free of violence': Officials

Election officials on Wednesday began counting votes Nepal's people cast to choose a special assembly to draft a long-delayed constitution and pick a new government.

The first results, once expected by Wednesday, were likely to be announced late Thursday, Election Commission official Bir Bahadur Rai said.

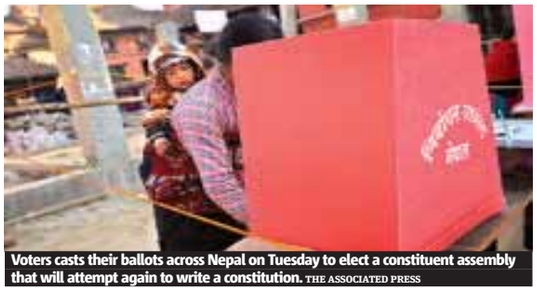
Officials called the election successful and mostly free of violence. A bombing near a polling station in Kathmandu injured three people, voting was suspended in one village and police fired into the air in another village when opposition activists stormed a polling station. Pre-election violence injured at least 30 people after an alliance of 33 opposition parties vowed to disrupt the polls and blockaded transport.

Final election results will take at least a week. None of the political parties is predicted to win a majority and a coalition government is likely, which could take days to form even after the final results are announced. THE ASSOCIATED PRESS

Voter turnout

70%

More than 70 per cent of the 12 million eligible voters cast their votes during Tuesday's election to choose the 601-member constituent assembly that would double as the parliament.


Voters casts their ballots across Nepal on Tuesday to elect a constituent assembly that will attempt again to write a constitution. THE ASSOCIATED PRESS

Gay rights

Senegalese women freed

A judge in Senegal says there is insufficient evidence to convict four women accused of violating the country's law banning homosexual acts.

Adama Traore announced the verdict and freed the women Wednesday morning.

The four women were arrested Nov. 11.

Homosexual acts are punishable in Senegal by up to five years in prison. THE ASSOCIATED PRESS

Chemical weapons

Dealing with Syria's arsenal

Destroying Syria's chemical weapons at sea is a possible alternative to finding a country willing to host the destruction, a spokesman for a global chemical weapons watchdog said.

The Organization for the Prohibition of Chemical Weapons said destruction on a boat or floating rig is a "feasible" possibility. THE ASSOCIATED PRESS

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PLEASE JOIN US THIS HOLIDAY SEASON FOR THE FIRST ANNUAL

THE 2014 Winter Parade of Light

A Parade in Winter

BY MIKE MOORE, PRESIDENT, MANITOBA HOME BUILDERS' ASSOCIATION

Everyone is aware of the tremendously successful Spring and Fall Parade of Homes that run in March and September. Combined, over 75,000 people visit the many showhomes on display and come away with numerous insights and ideas for their next new home.

"ALL OF THE EXCITEMENT OF THE SPRING AND FALL PARADES WITH A FESTIVE TOUR OF LIGHTS AND DECORATIONS FOR THE SEASON"

However, some people are not aware that showhomes are open all year and the opportunity to see all of the best new ideas and designs in new homes are available twelve months of the year.

This year, we are proud to present the Parade of Lights, a new initiative of the Manitoba Home Builders' Association that combines all of the excitement of the Spring and Fall Parades with a festive tour of lights and decorations for the season.

We're presenting several exciting new neighbourhoods fully decorated both outside and inside the showhomes. The participating streets and homes are listed here and on our website. The new home sales representatives are eager to show you all of the fascinating designs and new features in their home along with the decorations.

In addition, the Parade of Lights offers visitors the chance to vote and win. Not only can you view the wonderful exterior decorations, you can also vote on your favourite interior decorations and be entered for a chance to win a new 52" colour television, donated by The Brick… It's all as easy as pointing and clicking with your phone.

Be sure to see the Parade of Lights, running from November 23 – January 11.

PLEASE JOIN US THIS HOLIDAY SEASON
FOR THE FIRST ANNUAL

Winter Parade of Lights

NOVEMBER 23, 2013
TO JANUARY 11, 2014

How to join the festivities

1. VISIT ANY OF THE PARTICIPATING BUILDER'S SHOWHOMES
2. SCAN THE QR CODE FOUND IN THE SHOWHOME WITH YOUR SMART PHONE OR VISIT WWW.PARADEOFHOMESSELECT.CA
3. RATE THE INTERIOR DECORATIONS IN THE SHOWHOME ON A SCALE OF 1-5 (1 being low & 5 being high)
4. ENTER TO WIN A BRAND NEW 52" TV COURTESY OF THE BRICK
5. DONATE A NON-PERISHABLE FOOD ITEM FOR THE CHEER BOARD (Bins will be located inside the Showhomes)

Let it Glow, Let it Glow, Let it

Your Manitoba Home Builders are getting into the Holiday Spirit and have been busy lighting up their neighbourhoods to create a festive atmosphere for all to enjoy. Although the Showhomes are open all year 'round, you wont see these beautiful new homes decorated – *inside & out* – like you will for the next seven weeks!

Winter Parade of Lights

49 Holiday Showhomes

AMBER TRAILS

2	Rockmore Road	*Kensington Homes*
6	Rockmore Road	*Randall Homes*
14	Rockmore Road	*Ventura Custom Homes*
18	Rockmore Road	*A & S Homes*
22	Rockmore Road	*Broadview Homes*

BRIDGWATER LAKES

316	EagleView Road	*Hilton Homes*
330	EagleView Road	*Ventura Custom Homes*
155	Lake Bend Road	*Sterling Homes*
156	Lake Bend Road	*Hearth Homes*
159	Lake Bend Road	*Randall Homes*
162	Lake Bend Road	*Arlt Homes*
163	Lake Bend Road	*A & S Homes*
167	Lake Bend Road	*Discovery Homes*
174	Lake Bend Road	*Maric Homes*
175	Lake Bend Road	*Kensington Homes*
179	Lake Bend Road	*Hilton Homes*
183	Lake Bend Road	*Ventura Custom Homes*
186	Lake Bend Road	*KDR Homes*
274	Lake Bend Road	*KDR Homes*

CANTERBURY PARK

162	Audette Cresc	*Randall Homes*
166	Audette Cresc	*Broadview Homes*
170	Audette Drive	*Kensington Homes*

DUGALD, MB

28	Prairie View Cove	*Ventura Custom Homes*

OAK BLUFF WEST

33	Casselman Crescent	*Sterling Homes*
35	Casselman Crescent	*Randall Homes*
36	Casselman Crescent	*Parkhill Homes*
37	Casselman Crescent	*Ventura Custom Homes*

RIVER PARK SOUTH

27	Wainwright Crescent	*Ventura Custom Homes*
31	Wainwright Crescent	*A & S Homes*
35	Wainwright Crescent	*Broadview Homes*
38	Wainwright Crescent	*Sterling Homes*
47	Wainwright Crescent	*Kensington Homes*

SAGE CREEK

23	Borealis Bay	*Sterling Homes*
27	Borealis Bay	*Foxridge Homes*
31	Borealis Bay	*KDR Homes*
39	Borealis Bay	*Hearth Homes*
43	Borealis Bay	*Maric Homes*
3	Grey Owl	*Broadview Homes*
7	Grey Owl	*Broadview Homes*
11	Grey Owl	*Kensington Homes*
15	Grey Owl	*Randall Homes*

SOUTH POINTE

125	Drew Street	*Ventura Custom Homes*
133	Drew Street	*A & S Homes*
141	Drew Street	*Hilton Homes*
149	Drew Street	*Broadview Homes*
19	Stan Bailie Drive	*Randall Homes*
31	Stan Bailie Drive	*Foxridge Homes*
35	Stan Bailie Drive	*A & S Homes*
39	Stan Bailie Drive	*Hilton Homes*

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MONDAY TO THURSDAY 5-8 P.M.
FRIDAY BY APPOINTMENT ONLY
SATURDAY & SUNDAY 12 NOON-5 P.M.

Mark Darcy and Bill Cosby paved the way for the ugly sweater trend. These days savvy entrepreneurs are cashing in on the hipster trend of wearing an icky Christmas sweater. Holiday Rejects Apparel co-owner Adil Hooda, left, and manager Jack Hsu show off some of the tacky knitwear they are selling this season. STEPHANIE DUBOIS/METRO IN EDMONTON

Don we now our ugly apparel, fa la la la la, la la la la

Deck Canadians with hideous sweaters. 'Tis the season to be jolly, while wearing a garish, intentionally awful top

STEPHANIE DUBOIS
Metro in Edmonton

Coloured lights, pompoms and sequins can be found all in one place this year: On an ugly Christmas sweater.

Holiday Rejects Apparel has what they consider the tackiest sweaters in Edmonton.

"Some people like outrageous, and there's some people who like a little more wintry, but for the most part I have been noticing a lot of people like the big knits," said co-owner Adil Hooda, adding one of the ugliest sweaters in the booth is a red knit with furry green circles made to look like a Christmas tree.

What began as an online store last year grew to become retail stores in Edmonton and Calgary this season, after Holiday Rejects Apparel realized people wanted to try on the tacky sweaters before buying.

Rise of the holiday hipster

"It's always a fun time selling people an ugly Christmas sweater."

Adil Hooda, co-owner of Holiday Rejects Apparel

iKeg. How much beer is left in that keg? Now there's an app for that

Beer servers can find out in real time how many pints of their customers' favourite brews are left with the help of an app on their smartphones or tablets.

Steve Hershberger, CEO of SteadyServ Technologies, says he wants to eliminate the guesswork of how much beer is left in kegs to help bars and restaurants keep track of their inventory with his iKeg system, which has a sensor and an app.

"How much beer is left in a keg due to guessing and shaking?" asks Hershberger, who's based in Carmel, Ind., and is courting beer distributors, breweries, bars and restaurants.

"You can't see inside the keg. It's this heavy and unwieldy thing."

Hershberger estimates there are about 20 pints of beer left unsold in each keg, wasting thousands of litres of beer.

A new app aims to help bar staff know when beer is running low. DAVE MARTIN/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Hershberger's iKeg system uses a sensor that goes under a beer keg to keep track of how many pints are left through changes in pressure. The information is sent wirelessly to the app. THE CANADIAN PRESS

Random biz fact of the day

50%

Nearly half of employers surveyed bring up salary during initial conversations during the first job interview. CAREERBUILDER

Market Minute

DOLLAR 95.72¢ (+0.22¢)

TSX 13,430.01 (-12.76)

OIL $93.33 US (-1¢)

GOLD $1,258 US (-$15.50)

Natural gas: $3.68 US (+8¢)
Dow Jones: 15,900.82 (-66.21)

Bows to anti-gay law

Ikea deletes gay couple from its Russian magazine

Swedish furniture retailer Ikea says it has spiked an article about a lesbian couple in the Russian edition of its customer magazine because that would have contravened that country's law on gay propaganda. Last year, Ikea was criticized for deleting images of women from the Saudi version of its catalogue. THE ASSOCIATED PRESS

Developed for TV show

BET hit with suit after dispute over Facebook page

A South Florida woman is suing the Black Entertainment Television network in a dispute over a Facebook page she developed to promote the show The Game.

Attorneys for Stacey Mattocks say in court papers that BET wrongly took control of the page after the two sides failed to reach a financial agreement. THE ASSOCIATED PRESS

Going West

Rogers set to expand data centre in Alberta

Rogers Communications Inc. says it will open a new data centre in Calgary in January and expand its Edmonton data centre.

"Our new data centre offerings in Alberta present a significant growth opportunity in Western Canada's business-to-business market," said the head of Rogers Data Centres. THE CANADIAN PRESS

Drinking from the (dog bowl) fountain of youth

Brande Bradshaw poses with Bridgette, a 6-month-old cava-poo. Your own pooch could cost you $2,000 to $3,500 US. COURTESY BRANDE BRADSHAW/THE ASSOCIATED PRESS

Imagine the ideal designer dog. It would be smart, healthy and hypoallergenic. It would have the yap bred out and longevity bred in. And, most important, it would never lose its puppy face.

Enter the "cava-poo-chon." The breed is the newest and latest in the decades-old search for the dog-face fountain of youth and perfect pet accessory. But the American Kennel Club does not recognize the new trend as an official breed, and one expert calls some specially bred small dogs expensive "gimmicks."

The cava-poo-chon is a cavalier King Charles spaniel and bichon frise mix bred with a miniature poodle. With the help of a geneticist and reproductive veterinarian, the tribrid or "triple cross" was created by Linda and Steve Rogers of Timshell Farm in Pine, Ariz.

With a price tag ranging from $2,000 to $3,500 US, the cava-poo-chon combines the best of the three breeds, Linda Rogers said.

She added that there is no reason they can't live for 20 years. The Rogerses offer a choice of colour and two types of coat — curly or very curly, she said.

The popularity of the baby look for dogs started more than a half-century ago with mail-order teacup pups advertised in the backs of magazines. Yorkies, Maltese and Pomeranians were popular for a while, and recently there have been hybrid hounds "with cutesy names that end in '-oodle,' '-uddle' or '-poo' that come with thousand-dollar price tags," said author and certified animal behaviour consultant Darlene Arden of Massachusetts.

Arden said she was unfamiliar with the cava-poo-chon, though she applauded the use of a geneticist.

But she condemned "gimmicks" that some breeders and groomers use to attract unwitting buyers.

"There is no such thing as a teacup anything," Arden said. "It is a market term used by backyard breeders and commercial breeders so they can breed the smallest dogs that shouldn't be bred and sell them for a whole lot of money."

But Brande Bradshaw of Austin, Texas, thinks Bridgette, her 6-month-old cava-poo (there is no bichon in her), is the perfect dog. "She is amazing, the cutest puppy I've ever seen." THE ASSOCIATED PRESS

Barking up the wrong tree

The American Kennel Club does not recognize the cava-poo-chon.

- "AKC does not recognize cross-bred or mixed breed dogs as official breeds," spokeswoman Lisa Peterson said. "These dogs are the product of two purebred parents of different breeds, resulting in a litter of mixed breed puppies, not a new breed, according to our requirements."

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 14

metronews.ca/temp

Family planning

Workers feeling those baby blues

Having children is a big commitment that costs both time and money.

Temporary workers who can't earn a stable income and have no set work schedule often delay starting a family, according to United Way Toronto and McMaster University's "It's More than Poverty: Employment Precarity and Household Well-being" report.

The study also found that those in temporary employment are less likely to have children living at home compared to permanent workers.

Among those aged 24 to 53, 34 per cent of permanent workers have children living at home, compared to 20 per cent for temporary workers.

PHOEBE HO/FOR METRO

GETTY IMAGES

Temp Makes Lemonade from Lemons

OK, the nice thing about being a temp is that if you screw up, you leave, but you were going to leave anyway, so it's no big deal. I suppose this is true for anybody with a job, but for temps it's just more out in the open.

After almost no sleep I arrived at work only to find gossip and fear-mongering. The worst gossip was that Danimal was in a coma, when, in fact, he was in a $20,000-a-day hotel with a slightly collapsed left lung and an unhelpful feeling-sorry-for-himself attitude. Sarah No. 1 walked up to me at my desk and said, "I guess we were all behaving badly yesterday."

I was incensed: "I was doing no such thing! I was there just to listen to Dan vent about the warehouse fire! You're the one who got a room."

Sarah winked at me. "Have it your way. Here's a pile of files that need alphabetizing."

Ugh. I decided my day desperately needed some cheer, so I phoned my sister's friend who breeds golden labs. We had a quick chat, and just before lunchtime, she arrived with two blue plastic storage tubs filled with puppies. I ushered her into the admin area. In a loud crisp voice I shouted, "Oh no! There's been an explosion!"

Everyone looked stunned ...

"That's right — an explosion of cute! Hilda, release the hounds!"

Ahhh ... the puppy bomb — is there any greater experience in life? Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks. Everybody got down on the floor, and it took only a minute for people to learn that the person with the most food is the one who gets the most puppy, so in came the lunch bags. I was proud to have brought even the smallest dab of joy to the otherwise dreary lives of the soon-to-be-fired full-time staff. Yes, I was proud of myself for firmly turning the day around.

Ahhh ... the puppy bomb ... Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks.

The icing on the cake? Outside the building there was a Zombie Walk with about 200 kids dressed in their finest living dead, headed to a political protest starting outside AmQex next door.

And that's when two things happened: A massive bus, like Bon Jovi on tour, pulled into the parking lot and 50 Chinese people emerged holding measuring tapes, string and clip boards. Then half a minute later about 20 cops arrived to shut down the AmQex protest. "They make engine parts for drones," whispered Sarah.

The Chinese delegate's leader said, "I am most curious to see how protesters are handled in your country."

TO BE CONTINUED ...

Random biz fact of the day

70%

Anything to get the gig — 70 per cent of college students would lie on a resumé to get a job they wanted.

SOURCE: NEXCAREER

Random fact of the day

- There is a new English word created every 98 minutes — or about 14.7 words per day.

SOURCE: OMG-FACTS.COM

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IT'S ABOUT PARTIES, NOT POLITICAL ONES

HE SAYS

John Mazerolle
metronews.ca

Are you sick of talking about Canadian politics? Then let's discuss drinking, gossip and the need for appearances. It'll be a nice change of pace.

Specifically, let's talk about Christmas office parties. Because unlike politicians, Christmas never wears out its welcome. That's why Starbucks' Christmas decorations were rolled out this year just in time for the summer solstice. It's also why holiday events stretch on for weeks of gingerbread-and-icing-laced excess, like an anti-Lent.

I, for instance, have three different work-related Christmas parties coming up. And hooray, because what better way to throw off the shackles of work than to get together with a bunch of people you work with and discuss work? You can just feel yourself unwind.

Admittedly, footloose behaviour can often be the most memorable element of a Christmas office party. My strongest memory from the first one I went to was Barb the secretary. Barb was the sort of secretary who had an eyeglasses chain, patterned flower dresses, and enough years behind her that she found nothing offensive about the words "Barb" or "secretary."

She was usually very staid, but at this party — well, you think Wrecking Ball was shocking. Some people say things like the Berlin Wall or Paul Henderson are the defining memories of their youth. I have Barb dancing on her chair with a rum and Coke in each hand.

Barb's brand of behaviour is why so many etiquette columns advise you to attend a party full of food, drink and friends and then nibble, sip and mumble your way through the night, because, "you're being watched by your superiors at all times." What fun!

Well, I say deck that advice right in the halls. If I'm going to attend three of these things this year, then I'm going to Be Like Barb, even as I remain a gracious guest.

Here are a few office party etiquette tips I've come up with that will allow you to embrace the Christmas spirit(s).

- Most experts advise you shouldn't have more than two alcoholic drinks with office buddies, so bring an enormous canister to drink from.
- Kissing a co-worker is always a grey area so remember that mistletoe provides full diplomatic immunity, as is written in the Geneva Convention.
- If The Christmas Shoes, Simply Having a Wonderful Christmas Time or Jingle Bell Rock come over any sound system, you will be within your rights to end the party and burn the building to the ground. Dignity demands it.
- Show superiors your work ethic, even in a casual setting, by working extra hard in the rumour mill.
- Remember that if you get blackout drunk, you shouldn't worry about what happened because everyone will record it on their cellphones anyway.
- Perhaps most importantly, don't overstay your welcome, especially if your hosts are hinting strongly that it's time to go.

Which would normally bring us back to Canadian politics, but I'm sick of talking about it, so let's move on. It's in the past and what's done and done. Besides, if politicians' ifs and buts were candy and nuts, every day would be Christmas.

ZOOM

No word from PM as activists charged

GRAHAM HUGHES/THE CANADIAN PRESS

Quebec protesters demand action

A Greenpeace activist protests on top of the Biosphere in Montreal, Wednesday, calling for the release of his colleagues who are being held in Russia on various charges including piracy.

THE CANADIAN PRESS

Harper?

- A Greenpeace spokesman says the group is surprised by the silence of the Harper government, which it says still has not publicly intervened to denounce the attitude of the Russian government in the arrests.

One Canadian still in Russian prison

The three Greenpeace protesters who scaled Montreal's Biosphere structure Wednesday will face criminal charges.

They came down on their own and surrendered to police after several hours perched from the federally owned dome.

Two Canadians were among the 28 Greenpeace activists arrested by Russian authorities during a protest at a Gazprom oil-drilling platform in the Arctic Circle in October.

One of the two Canadians — Alexandre Paul — remains behind bars while Paul Ruzycki was granted bail earlier this week. THE CANADIAN PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bob Dylan's camp finally got around to releasing an official video for Like a Rolling Stone. Gathering no moss, the ultra-modern clip for the 1965 song is a wacky interactive experience of channel surfing through celebrities and humble folk alike. See it for yourself at video.bobdylan.com, and, check out these others, too.

Bob Dylan GETTY IMAGES

Arcade Fire – Reflektor:

The sartorially demanding band are old hands at the interactive video game, debuting the trick with a childhood-mining experience for We Used To Wait (thewildernessdowntown.com) in 2010. Reflektor provides a similarly personal stamp, this time allowing you to use a phone or tablet to become a passenger on a woman's adventures in Haiti. (justareflektor.com)

Death By Chocolate – Tell Me What You See:

A conundrum. How to make a largely forgettable modern rock song stand out from the crowd? The answer is deceptively simple, of course. Allow mouse-wielding sadists to conduct high-concept torture (i.e. an aggressive bath from a milk balloon or a flounder to the face) on a helpless man. All in slow motion. (tellmewhatyousee.ch)

The Interactive Saved By The Bell Game:

A very funny 16-bit-style slice of choose your own adventure fan fiction. Find out what it's like to be Zack Morris, enduring the pressure of your high school's entire social structure revolving around you for some reason. (youtube.com/thefinebros)

Twitter

@metropicks asked: Traffic circles are picking up momentum in Canada because they're safe and good for the environment. What's your take?

@21stCenturyLeft: They have to be done right if they're going to be implemented. Size matters with traffic circles.

@monahb: we have (two) nearby and they are just great. Took a while for some drivers to figure them out.

@Breezy_Liz: try driving in the #UK come back and sigh #OhCanada! Our roads are fabulous! #crossroads

@DerickONeill: we have them in Ireland they are an absolute nightmare. Some have lights right beside them so cars get backed up on

@bzalu: they are joke (a) in Winnipeg, intersections are not large enough to accommodate .

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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The five tenors they are not

Chic Gamine.
New effort more instrumentation, less cutesy vocals

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Chic Gamine displays its new, heavier, full band sound at Union Sound Hall on Saturday. CONTRIBUTED

Chic Gamine formed from the ashes of a cappella group Madrigaïa, and so, the tag "vocal quintet" has followed the Winnipeg band around since its inception in 2007.

But, even though four of its five members sing, Chic Gamine isn't and never was an a cappella group.

Currently, the band is working on a new album that should finally extinguish the unwanted and unfair label.

"It's way more instrumentation," says Alexa Dirks of Chic Gamine's new material.

"From the beginning, we knew we wanted to make music together, but six years ago, we had our varying limitations and our varying comfort zones.

"We knew we wanted to be a band with each other, so, 'OK, what can each of us bring to the table?' I'm a singer, you're a singer, you're a singer, you're a singer, everyone's a f—ing singer. Which is great, but we don't listen to a cappella music. That's not what we hear when we're coming up with songs."

Chic Gamine — which is also comprised of vocalists/instrumentalists Ariane Jean, Andrina Turenne and Annick Bremault, as well as drummer/percussionist Sacha Daoud — displays its beefed up, harder-hitting '60s girl group sound in its new song and video All Night.

Better than five bassists?

"I'm a singer, you're a singer, you're a singer, you're a singer, everyone's a f—ing singer. Which is great, but we don't listen to a cappella music. That's not what we hear when we're coming up with songs.
Alexa Dirks

The video (just search Chic Gamine All Night on YouTube) sees the band rocking out as part of Manitoba Music's Loft Sessions series, with Turenne on guitar, Jean on synthesizer, Dirks and Bremault on tambourine and of course, Daoud on drums. Not only is there tons of instrumentation on All Night, the vocals are lower on the register and less cutesy than in previous Chic Gamine tunes.

"We can, if we want to, sound relatively refined and there's a time and a place for that, but we're also discovering we're more comfortable with being less comfortable," Dirks says laughing.

"We want to push ourselves more creatively, and not just sound pretty because we can."

So, it's an edgier Chic Gamine?

"I hate saying the stock answer, 'It's edgier. It's raw-ier. It's back to the basics.' I feel like a d—bag when I say that, but it's true that those are the elements that we're throwing into it, whether I want to use those words or not," Dirks says.

Need to know

Chic Gamine plays Union Sound Hall on Saturday as part of the Winnipeg Folk Festival Concert Series.

- **Details.** The Reverend Rambler opens the show. Tickets are $20 at Winnipeg Folk Festival Music Store or Ticketmaster (plus fees). Showtime is 9 p.m.

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Mitch Albom's new book will inspire you to make some calls

New book. The First Phone Call From Heaven tries to put the frantic pace of the modern world into perspective

EMILY LAURENCE
Metro World News

Tuesdays with Morrie author Mitch Albom isn't a fan of texting. "We text, we Facebook, we post. We do everything we can to avoid a conversation," Albom tells Metro.

Still, Albom insists that even in a society that prefers communicating digitally, it's a real-life conversation we long for the most. "There are so many people that, when they lose someone, wish they could have one more conversation," he says.

The characters in Albom's latest book, The First Phone Call From Heaven, are given exactly that chance.

The book is about a small town that starts receiving phone calls from heaven. Once the media gets hold of the story, people from all over the world flock to the town, hoping their own cellphones will start ringing. Mostly, the book follows one man who was just released from prison after serving time for a crime he didn't commit. While in prison, his wife died, leaving him to raise his young son alone. When the boy starts asking when mommy is going to call, he can't bear for his son to have false hope, so he sets out to prove the whole thing is a hoax.

The idea for the book came after Albom lost the ability to have a conversation with his mother.

"She suffered a stroke and lost the ability to speak," he says. "It's been more than three years since I've heard her voice. It occurred to me

how precious the human voice is and so much of what we associate to a person's personality has to do with their voice. Many people often won't erase voicemails from lost loved ones."

When asked if he could orchestrate any real-life phone calls between heaven and earth, Albom's answer didn't involve presidents, saints or other public figures. Like the backdrop of his books, he'd focus on ordinary people.

"I would try to get every broken heart on earth comforted by one of those calls," he says.

Promoting the book has prompted Albom readers to tell them their own stories about real-life phone calls from heaven.

"One guy told me he got a phone call from his mother. She had died in a car crash, but no one knew yet. She called and told him, 'I'm all right. I'll always be with you. Don't worry.' Then she said she would see his grandmother soon, and a week later, his grandmother died."

For his own part, Albom believes miracles come in all sizes, small and large, and is no stranger to experiencing them himself.

"Oh, I have them all the time. There are so many good things that have happened to me that it can't just be coincidence. I often say there must be a divine intervention at work here."

Mitch Albom's The First Phone Call From Heaven is out now. CONTRIBUTED

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Twitter

@LouisTomlinson
Got woke up to find out I got hacked ! Working on re-following people now sorryyyyy :(Big loveeee!!

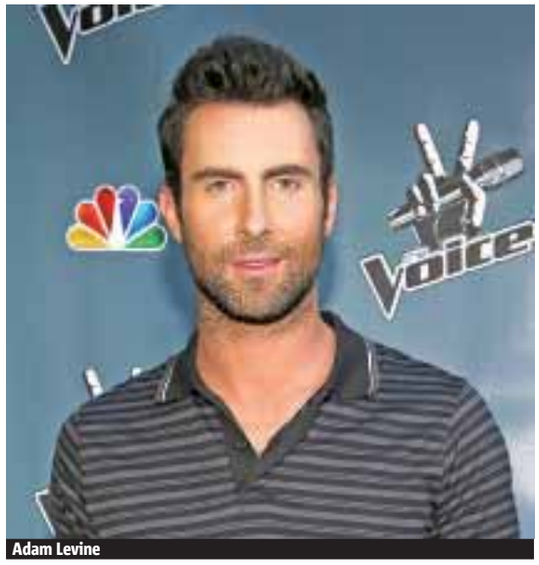
@WhitneyCummings
If I didn't text you back it means I texted someone else by accident

@katyperry
Yes, unconditional love sometimes feels like being hit by a car... Or being on fire... How does it feel to you?

Kelly Clarkson

Santa came through for mom-to-be Kelly

Kelly Clarkson wasn't joking when she said she was planning to get started on that family as soon as possible after marrying Brandon Blackstock last month. The singer took to Twitter this week with some very big news: "I'm pregnant! Brandon and I are so excited! Best early Christmas present ever," she wrote. As recently as Oct. 30, during a radio interview, Clarkson was hinting about her holiday wish list. "Everybody keeps saying, 'What do you want for Christmas?' she said. "And I'm like, 'I want to be



Adam Levine

Yes Adam it's true, you're this year's Sexiest Man

Look upon him and weep, all ye lesser men, for People has named Adam Levine 2013's Sexiest Man Alive. Channing Tatum, 2012's Sexiest Man Alive, is like dirt to us now.

The Maroon 5 singer has had plenty of chances to drum up votes in his campaign for the office: He's kind of been everywhere this year. He's a judge on The Voice, he's shooting a movie with Keira Knightley called Can a Song Save Your Life? (is it a Maroon 5 song?) and he has a clothing line at Kmart. Serious question: Is it possible to shop at Kmart and buy a piece of clothing not designed by a celebrity? Every single one of them seems to have one.

"As a musician, you have fantasies that you want to win Grammys, but I didn't really think that this was on the table," the singer told People. "I was just amazed and stunned and it almost seemed like they were kidding, but they weren't, so that's cool."

They could still be kidding! Maybe it's a long con. Adam comes in for his cover shoot and just as the shutter snaps, People dumps a bucket of pig's blood over his head. Run, Adam! It's a trap! They're all going to laugh at you! Don't use your telekinetic powers, People magazine's not worth it! **MELINDA TAUB**
MWN IN NYC

Angelina Jolie. ALL IMAGES GETTY

Don't wine about a thing Angie, your life is perfect

Angelina Jolie is having a pretty good week, accolade-wise. The actress and director, who picked up an honorary Oscar at the Governor's Awards earlier this week, also has a hit wine on her hands. Wine Spectator has named the Jolie-Pitt & Perrin Cotes de Provence Rose Miraval the best rosé wine in the world. The wine is "refined and elegant, offering pure and concentrated flavours of dried red berry, tangerine and melon," managing editor Kim Marcus writes. "The focused finish features flint and spice notes, with a hint of cream." A bottle retails for $28, for those looking to share in the celebration.

Adam Brody

Brody blindsides his girl with abrupt proposal

Former The O.C. star Adam Brody knows how to catch a girl off-guard. He reportedly blindsided girlfriend and former Gossip Girl star Leighton Meester with a marriage proposal, according to Star magazine. "Leighton and Adam are crazy about each other and have talked about getting married eventually," a source explains. "But she had no idea he would propose so soon. It was the surprise of her life and she's ecstatic. Right now their plan is to get married next summer. They are still deciding on (where to do it.)"

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SHOPPERS DRUG MART

Model call: Kloss is now in session

Vogue Paris named Karlie Kloss one of the top 30 models of the 2000s.
GETTY IMAGES

Over the buzz of the blow dryer, we caught up with supermodel Karlie Kloss behind-the-scenes of the Victoria's Secret Fashion Show. Wearing bell bottoms and a pink robe, Kloss was the picture of composure in her styling chair — a calm contrast to the frantic stylists and press running around the huge pink room. The newly 21-year-old Angel lets us in on her chopped locks and face favourites.

You debuted a drastic haircut last year. Are you planning on growing it out?
I am loving the short hair.

Eau de Cheveux

"When you're with a boy, it's always nice to have your hair smell good! It's better than perfume."
Karlie Kloss

That's the thing about a great cut — you don't have to style it. I find my short hair to be so much easier in the morning. And it's different for me. I've never done this before. Last year at this time was when I first cut it and shocked everyone. I've gotten used to it now and I really love it.

Any beauty tips or products you're loving?
There's this line that Victoria's Secret has called So Sexy that smells so good. There's something about the shampoo and the conditioner. When you're with a boy, it's always nice to have your hair smell good! It's better than perfume. I also love when I'm going out for a night and wearing a short dress, to put a little bit of olive oil on my hands, and put it onto my legs. I just rub it on my skin for a nice sheen. It looks really good and it photographs really nicely.

A merry makeover to everyone

At lash, my blush has come along. Dolce & Gabbana's makeup guru is all about bold as the weather gets cold

TINA CHADHA
Metro World News

Put your favourite orange lipstick away already: Dolce & Gabbana national makeup artist Christian McCulloch says that fall/winter is all about the richer tones, like fuchsia and burgundy.

To style the new bold pout, go easy on the eyes, he says.

"It's fresher without a heavy eye," says McCulloch. "A pale shadow, like a gold or champagne, is really pretty and easy, because it doesn't require precision. Just something shimmery across your eyelid with great lashes."

Christian McCulloch
CONTRIBUTED

But what's the makeup artist — who gets Scarlett Johansson and Michelle Williams red-carpet ready — really loving?

"My big thing at the moment is lashes and lips," says McCulloch. "Really amazing lashes, maybe with a winged eyeliner." He shows us how to create the look.

Create a cat-eye
"It's tricky," admits McCulloch. He suggests sketching out your line softly first with a pencil. "This is to see the angle, and to see how it looks with your eye open before you go in with a liquid applicator," he says. "If you paint a flick on an eye when it's closed, it can look a bit too horizontal when you open your eye. Look in the mirror and see where you want that flick, and then create a tiny dot with a pencil and paint from that dot down toward the corner of your lashes. I also take the pencil and run it along the inner rim of the eye, top and bottom. That'll create that (feline) Sophia Loren, Audrey Hepburn look."

Thick or thin?
"I like a thicker cat eye," says the artist. "Thick is cool; it makes it strong. It doesn't have to be Amy Winehouse-level, but that Kate Moss-y thing is nice."

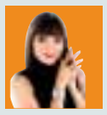
Now for the cheeks
"I'm not one for heavy-duty cheek colour," says McCulloch. "But I do love to bring in bronzer to the cheek through winter. In winter, you want a little colour in your face too! Dolce & Gabbana has a bronzing colour called Desert, which I use for contouring. The two blush colours I use most are an apricot and a pale pink to create a soft flush on the cheek."

Party-ready
"I always like sparkle. Shimmery and metallic eye shadows are fun. Also, liquid liner is a great party look. I think a liner along the lash line and winged out is beautiful."

His must-haves

- **Dolce & Gabbana Passion Duo lipstick in Feminine.** "It's a pinky-brown with a little bit of shimmer in it." $35, saksfifthavenue.com
- **A good lip balm.** "Nuxe has a lovely, waxy honey lip balm, which is great conditioning for the winter." Nuxe Reve de Miel lip balm, $19, amazon.com
- **Dolce & Gabbana Passion Eyes mascara.** "The new mascara actually has a curling quality. We've all been quite shocked that it actually lifts and curls the lashes without having to use an eyelash curler prior." $32, sephora.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

With my hunky firefighter #heroes who helped raise lots of money @HRRH_Foundation benefit tonite #onfire #call911

Chic afternoon on Chabanel! Working in #Montreal with @DerubTania on @EDITbyJeanneB FW2014

Trends Report

Tired of the same old long hair styles? Have you considered rocking a pixie cut, like Hunger Games star Jennifer Lawrence? You may be nervous to take the bold snip but don't be! Go online to Trends Report to see how one woman transformed her long locks into a fierce pixie cut.

Follow Irene on twitter @MetroIreneK or on Instagram: kuanirene

metronews.ca/voices/trends-report

A low in calories and fat chocolatey peanut butter indulgence? Rejoice!

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Peanut butter, cheesecake and chocolate flavours combine to make this an outstanding, decadent dessert. I keep the fat and calories down by using a combination of ricotta and light cream cheese and more cocoa powder than chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch springform pan with cooking spray.

2. To make the brownie layer beat together the sugar, oil, egg and vanilla in a bowl. In another bowl, stir together the flour, cocoa and baking powder. Stir the wet mixture into the dry mixture just until combined. Stir in the sour cream and chocolate chips. Pour the mixture into the pan.

3. To make the cheesecake layer combine the ricotta, sugar, cream cheese, sour cream, peanut butter, egg, flour and vanilla in a food processor. Process until smooth. Pour the mixture on top of the brownie layer.

4. Bake the cheesecake in the centre of the oven for 35 minutes. The brownie layer may rise slightly around the edges. Chill before serving. Decorate with the icing sugar (with optional chocolate sauce and toasted peanuts).

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN.

Ingredients

Brownie Layer
- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 large egg
- 1 tsp vanilla extract
- 1/3 cup all-purpose flour
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/4 cup reduced-fat sour cream
- 1/4 cup semisweet chocolate chips

Cheesecake Layer
- 1 1/2 cups reduced-fat ricotta cheese
- 1 cup granulated sugar
- 1/2 cup softened reduced-fat cream cheese
- 1/3 cup reduced-fat sour cream
- 1/3 cup smooth natural peanut butter
- 1 large egg
- 2 tbsp all-purpose flour
- 1 1/2 tsp vanilla extract
- icing sugar for decoration

Peanut Butter Brownie Cheesecake

This recipe serves 12 and is 304 calories and 14 grams of fat per serving. ROSE REISMAN

For your phone

Cake-Boy Classics (iPhone/iPad/ Android; $6.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This outrageously styled pastry app offers flavourful cheesecakes, inventive tarts, and heartwarming dessert classics. It includes videos, timers, recipe finders, and a basics guide to help you invent your own.

So picture perfect you'll want to take a selfie with it

Ingredients

- 1/2 cup (125 ml) warm, strong coffee
- 9 packets or 4 1/2 tsp Pure Via Turbinado Raw Cane sugar and stevia blend sweetener
- 1/2 cup (125 ml) part-skim ricotta cheese
- 1/2 cup (125 ml) prepared light whipped topping
- 1/2 tsp (2 ml) vanilla extract
- 8 crisp ladyfingers
- 1 tsp (5 ml) unsweetened cocoa

Tiramisu, the Italian delicacy, is a great, time-saving dessert that can be prepared up to eight hours in advance and served as needed. Lightly sweetened with naturally-sourced stevia, it's the perfect way to sensibly indulge.

1. Combine coffee and one packet Pure Via Turbinado. Stir until the sweetener is dissolved. Let coffee cool until lukewarm.

2. Meanwhile, whisk ricotta cheese, whipped topping, the additional Pure Via Turbinado sweetener and vanilla. Refrigerate until ready to use.

3. Place coffee in shallow bowl. Dip four of ladyfingers into coffee and let stand a five seconds. Discard any remaining coffee.

4. Remove and place two ladyfingers side by side on a plate for each tiramisu. Spread each tiramisu with 1/4 of the ricotta mixture. Sprinkle each with 1/4 teaspoon (1 ml) of the cocoa. Repeat dipping and layering.

5. Refrigerate, covered with plastic wrap, at least two and up to eight hours before serving.

NEWS CANADA/ PUREVIA.CA

A serving of this Tiramisu is 264 calories and 8 grams of fat. NEWS CANADA

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I've got cabin fever

Baby, it's cold outside. Now that the summer cottage is a distant memory, warm up your space with these retro lodge accessories. They'll help take you back to the country.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Iconic art, now available for the sofa. Charles Pachter Baywatch Pillow, $95, thebay.com.

Take a walk on the wild side — this rug combines style, whimsy and comfort underfoot. Tufted six by eight foot Ursine Rug, $1,000 US, anthropologie.com.

Feel like a kid again with a throw that invokes memories of camp. Bunk Throw, $149, cb2.com.

Keep your electronics cozy yet stylish during the winter. Luxe Faux Fur iPad Case, $39 US, restorationhardware.com.

From baking a cake to frying fish, cast iron is the little black dress of the kitchen. Lodge Cast Iron Grill Pan, $25, westelm.com.

Dream of the slopes while you're eating breakfast. Retro Vinyl Ski Place Mat, $3.50, simons.ca.

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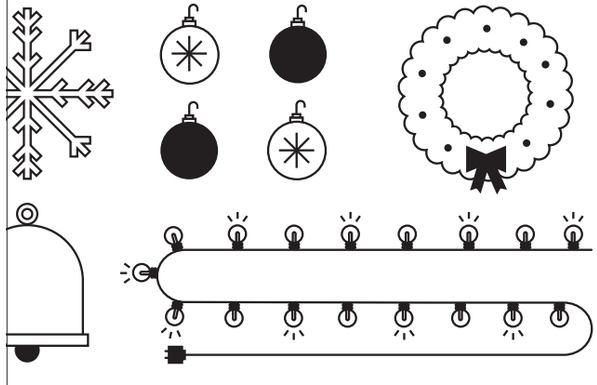

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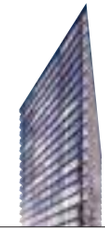

NHL

Pens hand Capitals punishment

Seeing the Pittsburgh Penguins hasn't been a good thing for the Washington Capitals for a long time.

Beyond the one-sided playoff history of the rivalry, the Penguins have recently had the Capitals' number. That continued Wednesday night with a 4-0 blowout victory, their fifth straight win in the series.

Pittsburgh (14-8-0) maintained first place in the Metropolitan Division on the strength of goals by Paul Martin, Beau Bennett, Sidney Crosby and James Neal. Marc-Andre Fleury made 18 saves for the shutout. THE CANADIAN PRESS

Tennis

Bouchard named newcomer of 2013

Canadian Eugenie Bouchard is the WTA's newcomer of the year after reaching at least the quarter-finals five times in the 2013 season.

The 19-year-old Montreal native is ranked No. 32 in the world, tops among teenagers and Canadians. She reached her first WTA final in Osaka last month. THE CANADIAN PRESS

MLB

Source says Fielder traded by Tigers

A person with knowledge of the deal says the Detroit Tigers and Texas have agreed to a trade that would send slugger Prince Fielder to the Rangers for second baseman Ian Kinsler. The person spoke on condition of anonymity Wednesday night. THE ASSOCIATED PRESS

A fan wears Adam Pardy's helmet after stealing it from him on Nov. 6 during the Jets- Blackhawks game in Chicago. JONATHAN DANIEL/GETTY IMAGES

Jets put a lid on 'Helmet Pardy'

NHL. Fans warned not to follow through on gag stemming from game in Chicago

DARRIN BAUMING
winnipeg@metronews.ca

The Winnipeg Jets have put the kibosh on the "Helmet Pardy."

True North Sports and Entertainment chairman Mark Chipman addressed the media Wednesday on the heels of a media release advising fans to not wear helmets to Thursday's Jets-Blackhawks game at MTS Centre.

Following a wild incident in Chicago on Nov. 6 where Jets defenceman Adam Pardy had his helmet torn off by a fan and a beer dumped on him by another, after being body-checked through the glass by Blackhawks forward Brandon Bollig, social media ran rampant with jokes.

"#HelmetPardy" hashtags and ideas of having a "wear-your-helmet night" when the Blackhawks returned to MTS Centre were soon born.

"We became aware this week as we sort of monitored the situation that this possibility was becoming real," Chipman told reporters at an impromptu press conference following Wednesday's practice. "This is not, or whatever was planned, is not quote 'official.' It didn't come from us.

"It could potentially be a safety issue, I suppose. Clearly. But there's a number of reasons," said Chipman, adding the man behind the incident and the Blackhawks organization have already apologized.

"Regrettably, if you show up with a helmet (Thursday) night you are not going to be able to bring it in with you."

Chipman said he understands fans sometimes wear jet pilot helmets, and said he's respectful of that.

"This is sort of a one-off and hopefully it blows over, but we're very respectful of those traditions and we're going to try and hopefully convince them to be respectful of what we're trying to achieve tomorrow night."

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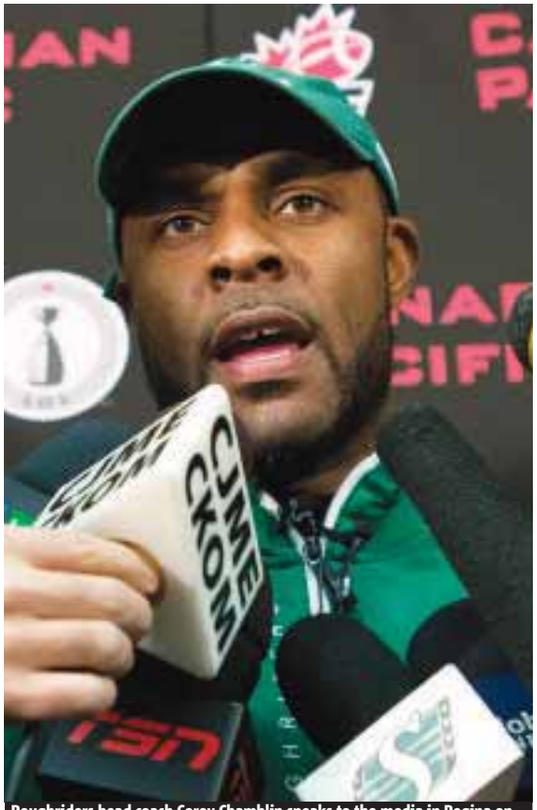


Roughriders head coach Corey Chamblin speaks to the media in Regina on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

Roughriders coach deflects pressure

Grey Cup. Chamblin and host team have faced huge expectations all year, culminating Sunday

They're the overwhelming favourite as Grey Cup hosts and are carrying the weight of an entire province's expectations.

But the pressure is off the Saskatchewan Roughriders, according to head coach Corey Chamblin. He says getting to Sunday's CFL championship was the real challenge.

"The biggest pressure for our team was making sure no one else sat in our locker-room," Chamblin said Wednesday at the annual Grey Cup coaches news conference. "It's about working all off-season, all year to protect your house and that was the biggest thing and the biggest pressure we had.

"We're in it now and as I tell the guys, if we're good enough to be in it we're good enough to win it. It's time for it to be decided now on the football field, not in the media, not with trash-talking."

Riders general manager Brendan Taman made it clear early this off-season he was serious about fielding a Grey Cup contender with Regina hosting the big game. He acquired receiver Geroy Simon from the B.C. Lions before adding defensive linemen Ricky Foley and John Chick and defensive back Dwight Anderson in free agency.

Not only are Simon, Foley, Chick and Anderson all CFL veterans but each has a Grey Cup ring, Chick earning his with the Riders in 2007 before heading to the NFL. However, adding experienced performers to an already solid core only served to jack up expectations in football-mad Saskatchewan, especially after both B.C. and Toronto had captured Grey Cup titles as the host city the past two years.

The Riders might be playing on their home field but Chamblin is attempting to reduce distractions by putting players in hotels and imposing a nightly curfew.

"When you look at the Grey Cup, it's a championship game (involving) the two best teams in the league," he said. "The biggest thing is I want them to stay in the routine they've been in, that they only think football."

THE CANADIAN PRESS

Quoted

"If that's what it takes for them to win a championship then go right ahead."

Roughriders head Corey Chamblin when asked the traditional question of whether or not he's OK with his players having sex on the eve of the Grey Cup.

Cold snaps

Ticats weather Prairie chill

For Hamilton Tiger-Cats like Josh Bartel, Mosaic Stadium might as well have been on Pluto given the frigid temperatures Wednesday.

The Eastern champion Ticats ventured outside into the Grey Cup deep freeze and it didn't take long before players with visors looked like they needed an ice-scraper to see. Warm-air heaters drew a crowd. And when the lengthy practice ended, two snowplows took over the field.

The Hamilton players exchanged helmets for Grey Cup tuques and happily headed for the warmth of their hotel.

"I've told the boys that I'm going to be doing a lot of complaining (Sunday)," said Bartel, Hamilton's Australian punter.

The temperature was listed at minus-16 but it felt like minus-28. The forecast for Sunday is improved, with a daytime high of minus-one and low of minus-12. THE CANADIAN PRESS

NHL

West really is best

It appears easy — or at least easier — to be in the East.

Going into Wednesday night's games, not one of the NHL's Eastern Conference teams would have made the playoffs if they switched conferences. Boston had 29 points for top spot in the East while Minnesota held down eighth in the West with 30. METRO

NBA

Atlantic's ugly too as Raps grab 1st

DeMar DeRozan scored 33 points and Rudy Gay had 18 to help the Toronto Raptors beat the Philadelphia 76ers 108-98 on Wednesday night.

In a down year so far in the Atlantic Division, the Raptors (5-7) wrested away first place from the Sixers (5-8). DeRozan and Gay dominated the Sixers in the second half to turn this one into a rout. Gay hit a pair of 3-pointers and scored 15 points in the third quarter, and DeRozan scored 30 points through the first three quarters to build a 16-point lead.

THE ASSOCIATED PRESS

Soccer. Lang returns to women's national roster, likely to ride pine for now

Kara Lang GETTY IMAGES FILE

Kara Lang's triumphant return to the pitch is still a work in progress.

Nine months after the former Canadian soccer star launched a remarkable comeback effort from a seemingly career-ending knee injury, the 27-year-old has been named to Canada's roster for Sunday's friendly against Mexico in Vancouver. But head coach John Herdman said on a conference call Wednesday that Lang still has work to do on her rehabilitation and isn't ready to play yet.

"Kara's part of a long-term process," Herdman said. "We've been working fantastically with B2ten (a fundraising organization for Canadian athletes) on a rebuilding process with Kara — literally rebuilding her functional movements from scratch.

"Part of the process is getting her immersed with this team.... A big part of her being on this roster is that she's going to get an experience in BC Place, which will be the stadium that hosts the final of the Women's World Cup."

Herdman said the team is targeting a return to action for Lang in the first quarter of 2014. He said Lang isn't participating in any scrimmages in training at this point.

"Look, the reality is we could put her in, but the big challenge for Kara is she's been brought back too quickly too soon in the past, which has led to this consistent breakdown," Herdman said. "If you think about rebuilding a car, we've literally, through B2ten, rebuilt certain parts of Kara to help her become more efficient as an athlete so she doesn't keep breaking down with the same issues."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	21	14	6	1	59	38	29
Tampa Bay	21	14	7	0	66	55	28
Toronto	21	13	7	1	62	49	27
Detroit	22	9	6	7	54	62	25
Montreal	22	11	9	2	58	47	24
Ottawa	22	8	10	4	63	71	20
Florida	22	6	12	4	49	72	16
Buffalo	23	5	17	1	42	72	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	21	10	11	0	43	52	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	22	8	11	3	63	73	19
Philadelphia	20	8	10	2	40	50	18
Columbus	21	7	11	3	52	64	17

Wednesday's results
Minnesota 4 Ottawa 3
Pittsburgh at Washington
New Jersey at Anaheim
Columbus at Calgary

Tuesday's results
St. Louis 4 Buffalo 1
Toronto 5 NY Islanders 2
Philadelphia 5 Ottawa 2
Nashville 2 Detroit 0
Montreal 6 Minnesota 2
Boston 2 NY Rangers 1
Colorado 5 Chicago 1
Edmonton 7 Columbus 0
Florida 3 Vancouver 2 (SO)
Los Angeles 5 Tampa Bay 2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	14	4	4	79	66	32
Minnesota	23	14	5	4	61	53	32
St. Louis	20	14	3	3	70	47	31
Colorado	20	15	5	0	64	42	30
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	21	10	9	2	48	63	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	22	15	6	1	63	48	31
Vancouver	23	11	8	4	58	61	26
Calgary	21	7	11	3	59	79	17
Edmonton	23	6	15	2	60	83	14

Note: Two points for a win, one point for overtime loss.

Thursday's games — All Times Eastern
St. Louis at Boston, 7 p.m.
Nashville at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Carolina at Detroit, 7:30 p.m.
Chicago at Winnipeg, 8 p.m.
NY Rangers at Dallas, 8:30 p.m.
Colorado at Phoenix, 9 p.m.
Florida at Edmonton, 9:30 p.m.
New Jersey at Los Angeles, 10:30 p.m.
Tampa Bay at San Jose, 10:30 p.m.

Friday's games
Montreal at Washington, 7 p.m.
NY Islanders at Pittsburgh, 7 p.m.
Florida at Calgary, 9 p.m.
Tampa Bay at Anaheim, 10 p.m.
Columbus at Vancouver, 10 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series; aggregate goals)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday's game
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

101ST GREY CUP

Sunday's game — All Times Eastern
Hamilton at Saskatchewan, 6 p.m.

DIVISION FINALS

EAST DIVISION

Sunday's result
Hamilton 36 Toronto 24

WEST DIVISION

Sunday's result
Saskatchewan 35 Calgary 13

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	10	1	.909	—
d-Miami	9	3	.750	1½
Chicago	6	3	.667	3
d-Toronto	5	7	.417	5½
Atlanta	7	5	.583	3½
Charlotte	6	6	.500	4½
Philadelphia	5	8	.385	6
Detroit	4	7	.364	6
Washington	4	7	.364	6
Orlando	4	7	.364	6
Boston	4	8	.333	6½
Cleveland	4	8	.333	6½
New York	3	8	.273	7
Brooklyn	3	8	.273	7
Milwaukee	2	8	.200	7½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	9	1	.900	—
d-Portland	10	2	.833	—
d-Golden State	8	3	.727	1½
Oklahoma City	7	3	.700	2
L.A. Clippers	8	4	.667	2
Houston	8	4	.667	2
Dallas	7	4	.636	2½
Memphis	6	5	.545	3½
Minnesota	7	6	.538	3½
Phoenix	5	5	.500	4
New Orleans	5	6	.455	4½
L.A. Lakers	5	7	.417	5
Denver	4	6	.400	5
Sacramento	3	7	.300	6
Utah	1	12	.077	9½

d-division leader

Wednesday's results
Miami 120 Orlando 92
Toronto 108 Philadelphia 98
Washington 98 Cleveland 91
Indiana 103 New York 96 (OT)
Charlotte 95 Brooklyn 91
Atlanta 93 Detroit 85
L.A. Clippers 102 Minnesota 98
Portland 91 Milwaukee 82
New Orleans 105 Utah 98
Boston at San Antonio
Sacramento at Phoenix
Houston at Dallas
Memphis at Golden State

Thursday's games — All Times Eastern
L.A. Clippers at Oklahoma City, 8 p.m.
Chicago at Denver, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
If your instincts tell you to follow a path you would not normally take, do so without hesitation. The Sun's imminent change of sign promises all wonderful adventures for you over the coming four weeks.

♉ Taurus
April 21 - May 21
You will do what is expected of you today but that does not mean you are obligated to do favours for everyone. The most useful thing you can learn over the next 24 hours is to say "no".

♊ Gemini
May 22 - June 21
Loved ones may have found it hard to put their feelings into words in recent weeks but as of tomorrow, they will make up for it. They will come right out and tell you how they feel.

♋ Cancer
June 22 - July 23
You have started many new projects in recent weeks but now you must ask yourself what you are hoping to achieve. Do you really need to work on so many things at once? You know the answer.

♌ Leo
July 24 - Aug. 23
If a project you had high hopes for does not seem to be working, end it. That may sound drastic but as the Sun is about to move into the most dynamic area of your chart you don't have time to waste on failures.

♍ Virgo
Aug. 24 - Sept. 23
You may find it hard to let your hair down over the next few days. Take it as a sign that you have important tasks to perform. You will know when it's time for fun and games.

♎ Libra
Sept. 24 - Oct. 23
A minor argument has been blown out of all proportion and now people who were once your friends can hardly bring themselves to say hello. It's up to you to end this stupidity.

♏ Scorpio
Oct. 24 - Nov. 22
You may find it hard to get along with people today, especially if you have doubts they are on your side. Are you right to be suspicious or is your mind playing tricks? You can't know, so don't take chances.

♐ Sagittarius
Nov. 23 - Dec. 21
You have sacrificed so much in recent weeks and now there is nothing left to give. That's OK. Tomorrow the tide will turn in your favour and it will be you who receives so many amazing things from the universe.

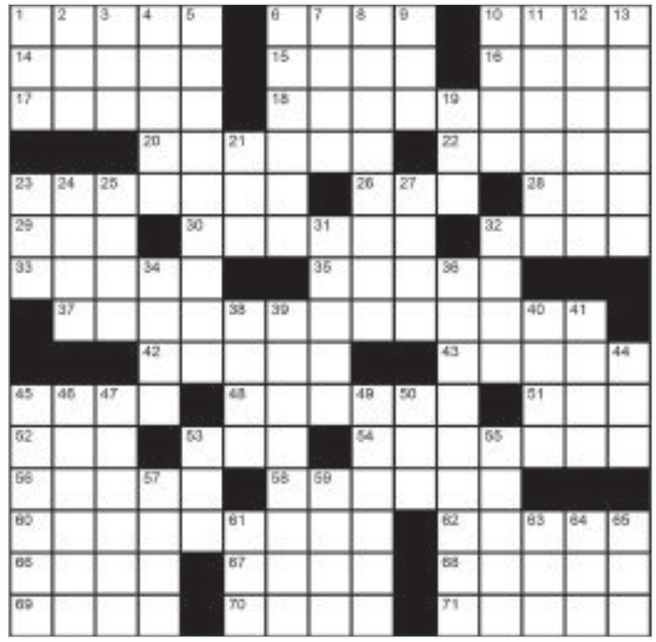
♑ Capricorn
Dec. 22 - Jan. 20
In the greater scheme of things, everything happens for a reason and if you keep your eyes and ears open today it's possible that you may catch a glimpse of the grand design.

♒ Aquarius
Jan. 21 - Feb. 19
Your aim now must be to make friends, make plans and make the most of your talents. It does not matter what other people expect of you, it matters only what you expect of yourself.

♓ Pisces
Feb. 20 - March 20
You may not be aggressive by nature but as the Sun approaches the career angle of your chart today and tomorrow you will certainly be assertive. What is it you desire the most? Take it. **SALLY BROMPTON**

Crossword: Canada Across and Down

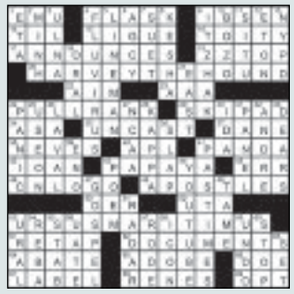
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Comic legend Ms. Burnett
6. Li'l drill instructors
10. Rake's spot
14. 'River Horse', commonly
15. Q. "How do you spell the synonym for 'Precedence'?" A. "P-r-_-_-_-_-t-y."
16. Ms. Dunham
17. Job type, __. Asst.
18. The Liberals, colloquially: 2 wds.
20. Where Kampala is the capital city
22. '60s abstractionism: 2 wds.
23. PEI: __ Island Provincial Park
26. Yellowknife's locale, for short
28. The Lion
29. Caesar's 106
30. Crop up
32. Port of Yemen
33. When repeated with Zou, French tune Canadian actress Jessica Pare sang on "Mad Men"
35. Island near the Statue of Liberty
37. Hagar The Horrible's family wears these: 2 wds.
42. Honolulu hello
43. Swerved
45. With competence
48. Kilroy's Mr.
51. Bio info
52. Sorrow
53. "Dallas" character
54. La Compagnie de la Baie _'__
56. __ Test Dummies
58. Withstand
60. Schmoozer's greetings: 2 wds.
62. Pondered
66. Say it's nay
67. Buckeye State
68. Keen
69. Celtic language
70. "Because of __-Dixie" (2005)
71. Tibet's neighbour

Down
1. Pussycat Dolls hit: "Don't __"
2. Care
3. Circling stat.
4. Yves Saint Laurent perfume
5. Quebec's fifth largest city
6. John Hancock, in 1776
7. Tragically Hip's Mr. Downie
8. The Bermuda __
9. Kennel command
10. "__ Shot" (1977)
11. Joyfully ring in
12. Menu meal
13. __, Ohio
19. Stove topper
21. Strong-__
23. Banned pollutant, commonly
24. Tel __
25. Inconclusive
27. Water source
31. Sobering spot for celebs
32. Voyaging on the ocean
34. Approve
36. "If you want a partner / Take my hand..." goes this Leonard Cohen tune: 3 wds.
38. Ms. Ephron
39. CBC personality Jian
40. Poetic contraction
41. Kind of lily
44. Hideaway
45. Canuck band, __ Fire
46. Bone-holding digging dog
47. Gains knowledge
49. __-__ favourite
50. Pre-Fri. day, variantly
53. Greek letter
55. Two
57. Canadian singer Ms. Sweetnam
59. No: German
61. Plant seeds
63. "How ya doin'?"
64. Airport posting, for short
65. Benicio __ Toro

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9					8	7
	2	4		9	1			
7			3					
6		1	2		9			
	9						5	
			5		7	2		1
					3			6
			6	2		4	1	
9	4					8		

Yesterday's Sudoku

3	4	5	6	1	9	8	2	7
8	9	7	2	3	4	1	6	5
6	2	1	5	8	7	4	9	3
9	5	4	1	7	5	6	8	2
1	6	8	4	2	3	7	5	9
5	7	2	9	6	8	3	1	4
2	1	9	3	4	6	5	7	8
4	8	6	7	5	2	9	3	1
7	5	3	8	9	1	2	4	6

Weather

TODAY	FRIDAY	SATURDAY
MAX: -11° MIN: -17°	MAX: -13° MIN: -20°	MAX: -18° MIN: -18°

BT BREAKFAST TELEVISION

JENNA KHAN
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- ☑ Suspension

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